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Introduction

A healthy life-style can prevent disease. Part of a healthy life-style is good nutrition. Diet has a long-range effect on health, happiness, education and success for school-aged children. A healthy diet is part of a total lifestyle that can help protect students from disease and disability. Good nutrition is more than having enough food. It means eating the right balance of foods with the right amount of nutrients.

School lunches and breakfasts provide opportunities for making a real difference in the future of students and their ability to learn. By providing high-quality, nutritious meals and an ideal setting for nutrition education, school food service is a vital link to the physical and intellectual fitness of students.

Today, Americans, including children, eat too little fiber and too much fat, saturated fat, cholesterol and sodium. In order to address the diet habits of Americans:

1. In 1990, the Dietary Guidelines for Americans were revised to establish appropriate calories levels from total fat, saturated fat and to recommend monitoring sodium, cholesterol and fiber intake for everyone over the age of two years old.
2. In 1992, the food guide pyramid made the Dietary Guidelines consumer-friendly by presenting the information in a colorful, easy-to-understand graphic.
3. By 1994, Congress passed the Healthy Meals for Healthy Americans Act requiring that Child Nutrition Programs comply with the Dietary Guidelines.
4. In the summer of 1995, the United States Department of Agriculture (USDA) issued new regulations defining how the Dietary Guidelines would be applied to school meals.
5. Effective July 1, 1996, compliance with the Dietary Guidelines is to be achieved through a variety of meal planning approaches in schools which meet nutrient standards.

Public Law 104-149 provided School Food Authorities with the flexibility to choose from four specific menu planning systems:

1. Assisted NuMenus
2. NuMenus
3. Enhanced Food-Based
4. Traditional Meal Pattern (in effect 1994/95).

Assisted NuMenus allow the menu planner to use the expertise of outside entities like other school districts, the STATE, or a consultant to develop a menu cycle, recipes, procurement specifications, and preparation methods that will allow the school to produce meals that meet the nutrition standards.

NuMenus or Nutrient Standard is a computer-based menu planning system which allows menus to be planned that meet the nutrition standards. Software specifically designed to comply with all program requirements provides technical support to analyze and to modify menus if they do not comply with the standards.

Enhanced Food-Based uses a meal pattern to assist menu planners in complying with nutrition standards. This system retains the structure of the current meal patterns for NSLP and SBP in terms of components. Breads/grains, fruits and vegetables are increased to meet the dietary guidelines.

The **Traditional Meal Pattern** uses the 1994-95 components and quantities.

Through a Team Nutrition Training (TNT) Grant, the Department of Education/Student Nutrition Programs Unit chose to develop ***New Mexico Menus*** (an assisted NuMenus approach) since the majority of schools serve basically the same menu items. The New Mexico Menus are culturally appropriate cycle menus for breakfast and lunch which were based on the most popular menus submitted by SFAs.

The New Mexico Menus Manual was developed to help you. All menus meet nutrient standards. For your convenience, the New Mexico Menus Manual consists of the nutrient analysis for the menus, production sheets, recipes and some product specifications.

Nutrient Standards

Each menu planning option is aimed at achieving the same outcome. School meals must reflect current nutrition and health guidelines. The USDA relies on the Recommended Daily Allowances (RDA) and the 1990 Dietary Guidelines for Americans to update nutrition standards for school meals.

Nutrition standards established for the National School Lunch Program in 1946 focused on giving children adequate amounts of key nutrients to help students stay healthy and grow well. School meals still provide a set portion of the RDA for calories, protein, calcium, vitamins A and C, and iron. Over the course of a week, school meals must meet the nutrition standards charted below.

Meal	Breakfast	Lunch
Minimums	One-fourth of the RDA for Calories Protein Calcium Iron Vitamins A Vitamin C	One-third of the RDA for Calories Protein Calcium Iron Vitamins A Vitamin C
Maximums	<ul style="list-style-type: none"> ● No more than 30% of calories from fat ● No more than 10% of calories from saturated fat. 	<ul style="list-style-type: none"> ● No more than 30% of calories from fat ● No more than 10% of calories from saturated fat.
Monitored	<ul style="list-style-type: none"> ● Reduced sodium and cholesterol ● Increased dietary fiber ● A variety of foods served 	<ul style="list-style-type: none"> ● Reduced sodium and cholesterol ● Increased dietary fiber ● A variety of foods served

New Mexico's Plan for Schools to Meet the Dietary Guidelines for Lunch and Breakfast

New Mexico has taken a proactive approach to ensure that its school meals meet the Dietary Guidelines for Americans. The Department of Education/Student Nutrition Programs established a Team Nutrition Training (TNT) Team New Mexico Ad Hoc Advisory Committee to address the New Mexico school needs. A survey was sent to each of the school food authorities (SFAs) to find out what their training needs were and how training could best be delivered. The Team New Mexico Ad Hoc Advisory Committee and the Department of Education developed a model with the following stages of development:

- Identification of New Mexico children's favorite foods by asking each school food authority (SFA) to provide a list of the "Top Ten" menu choices in their school. This process assured culturally appropriate menus.
- Minor changes to existing menus.
- Determination of the guidelines which would be used in menu planning. The goal would be to keep grams of fat preferably under 13 but not to exceed 17. Calories would be kept between 700 and 800 for lunch.
- Selection of a menu planning committee, composed of representatives from the nutrition community, business leaders, the Department of Education, the Department of Public Health, parent groups, industry, the American Heart Association, the American Cancer Society, Indian Health, and SFAs throughout the state.
- Identification of resources, such as menus from New Mexico schools that had already made menu and recipe modifications, menus from other states, menu planning guides from the Heart Association, Dairy Max, the Beef Council, the Cancer Society and others.
- Developing partnerships with resource groups and people to provide training and support to schools as they begin serving Healthy Meals to their students.
- A system for dissemination of information with a **Team Nutrition Hotline, 1-800-856-9372**, Team New Mexico Healthy Meals Newsletter, Healthy Meals Lending Library and catalog of local resource people and organizations willing to assist the schools in implementing healthy schools training at the SFA level.
- Establishment of five model demonstration SFAs to pilot *New Mexico Menus* and the Healthy Meals Initiative during the 1995-1996 School Year. Model SFAs will serve as a training resource to other SFAs in School Year 1996-1997. Model SFAs were chosen to represent all segments of the state's population, a Bureau of Indian Affairs (BIA) school, Provision 2 and those having significant minority enrollment. Your model schools and contacts are:

Sky City Community School	(505) 552-6672	Star Vicente
Alamogordo	(505) 439-3272	Annette Anderson
Bloomfield	(505) 632-4318	Sharon Graham
Las Cruces	(505) 527-5994	Nancy Cathey
Taos	(505) 758-5214	Mary Ann McCann
West Las Vegas	(505) 454-1039	Dean Gallegos

- Planning of menus, using the "Top Ten" favorites as the base, then filling in with other menus to meet Dietary Guidelines requirements.
- Analyzing menus to make sure they met the nutrient standards.
- Testing menus for acceptability at five model school locations across the state.
- Modification of menus to better meet the criteria of student acceptability and nutrition standards.
- Five workshops conducted the summer of 1996 at community colleges/vocational schools for all areas of the state utilizing local resources to conduct training in the Healthy Meals Initiative. One hour of college credit or continuing education units will be offered for these workshops serving as a possible entry into a degree or certificate program.
- Student Nutrition Programs will develop a long-range training plan and will provide technical assistance to SFAs in developing local training plans and adopting districtwide school nutrition policies to implement the Healthy Meals Initiative at the school/district levels.

New Mexico's Evaluation Guidelines for Menu Development

1. Beef will be **drained and rinsed** in all recipes using ground beef. This method reduces the fat content to 3.4 grams per ounce.
2. Chicken used in all recipes will be skinned chicken. The skin can be removed before or after cooking; it does not matter when as long as the skin is not served to the child.
3. Higher-fat red meats will be mixed with lower-fat poultry or beans when possible.
4. American cheese will be mixed half and half with part-skim Mozzarella in recipes.
5. Processed meats will be served sparingly, if at all.
6. Lowfat salad dressing will be used for salads. Mustard, non-fat mayonnaise, or salad dressing will be used for sandwiches.
7. Skim or lowfat milk will always be offered.
8. Cooking methods used will be baking, broiling or boiling rather than frying.
9. No additional fat will be added to entrees, vegetables or breads.
10. French fries will be oven-baked with no additional fat added.
11. Salt in recipes will be reduced by half and seasonings will be used for flavor.
12. Recipes for cakes, breads, cookies and gravy have been modified to reduce the fat and these recipes will be used by all schools.
13. Liquid will be drained from canned vegetables to reduce the salt content.
14. Nuts will be used sparingly because of their fat content.
15. Lowfat desserts have been added back to make up for calories lost with the reduction of fat. Otherwise, fruits and fruit products will be served as desserts.
16. If a menu substitution must be made, the entire menu will be substituted, not just one item. Extra menus are included which may be used for substitutions. Food service professionals will be trained in making substitutions which will still meet the dietary regulations.

Gathering Information

Although New Mexico Menus are analyzed, you will still need to keep vendor products on file. Gathering detailed nutrition information on foods offered to students is an on-going, time-consuming process.

Processed Food Products

Ask food industry representatives, such as manufacturers, brokers, and distributors, for nutrition data for processed foods.

Most processed foods purchased for school meals are entrees, but bread products and other baked goods are also considered processed food products. Be sure that the information you use is not the generic roll or muffin in the database. The one you buy can differ a great deal from that one. Your analysis will be most accurate if you use product information from the supplier of the products you buy.

An analysis of vendor products should be requested, used for menu analysis, then kept on file for each prepared food you purchase. Make a note whether you already have this information on file or if you need to get it from the vendor.

Tips for Getting Nutrient Analysis Data from Vendors

NOTES

Schools sometimes find it hard to get nutrient information from vendors, but as the vendors learn of the new requirements, the information will be more readily available. If you still find vendors reluctant to provide this information, here are some tips to help you.

Give them a reason to comply.

- Remind the vendor that the CN label or product specifications are not the same as a nutrient analysis.
- Make sure the nutrient analysis is part of your bid specifications so vendors realize you mean business.

- Tell them, "If your product's nutrient analysis shows that it is healthier than others, I will be more likely to offer it on my menu."
- Suggest that they will reach more potential customers if their product's data is entered in the National Nutrient Database.
- If you do not receive the information, keep asking! Also, ask for the **latest** information. Products will be changing as vendors change their products to meet the needs of the schools.

Read Labels Carefully ¹

When a Nutrition Facts Label is all that is available, you can still use the information on the label for nutrient analysis. You just have to convert the "Percent Daily Value" figures to numbers the database can accept. Your nutrient analysis software may be able to do this; check the user's manual and follow software instructions.

If your software lacks this function, you convert the figures. Here's how:

The product label states, for example "Vitamin A . . . 4%." Multiply the figure given below for the nutrients by the percent e.g. $5000 \times 4 = 200$ vitamin A IU. The answer will be the amount of the nutrient contained in the product.

Nutrient	
Vitamin A	5, 000 IU (International Units)
Vitamin C	60 mgs. (milligrams)
Calcium	1 gm (gram) or 1,000 mg
Iron	18 mgs

Quality Control

Once you have the information from the vendor or a label, do a little quality control.

- Review label for obvious errors such as fiber in a hamburger patty or vitamin C in a bagel.
- Question numbers that seem unreasonable, compared to a similar generic product.

Commodity Foods

If nutrient information is not on a commodity food refer to your copy of **Nutrient Value of USDA Donated Foods for Schools and Institutions**.

Common Errors in Menu Planning ¹

COMMON ERRORS	EXAMPLES	TIPS FOR SUCCESS
Nutrition information on processed food products is incorrect or missing.	Hamburger patty analysis listed 2 grams of fiber, but beef does not contain fiber.	Emphasize to vendors how important accurate information is for both of you to succeed in business. Refuse to purchase products until accurate and complete nutrient information is provided.
Condiments are added in preparation but not in menu planning.	Butter was spread on grilled cheese sandwiches before toasting, but not marked on production sheet, and therefore not analyzed. Production staff adds "just a little" salt to season vegetables.	Train staff to follow standardized recipes. Coach staff to write as many details as feasible on production sheets. Get the nutrient analysis for processed food products and ingredients (for example, seasoning mix, sauces and gravies).
Portion size is incorrect.	One chicken nugget was counted instead of one serving of five chicken nuggets.	Compare menu plan with production sheets.

¹California Child Nutrition Programs, Strategies for Success: A Resource Manual for Shaping Health as Partners in Education, California Department of Education, June 1995.

New Mexico Menus

There are many things about New Mexico that make it unique. Among them are the diverse cultural/ethnic population and the long distances between population centers. New Mexico menus were designed with those considerations in mind.

Students in the state were asked to choose their top ten favorite meals, as shown below.

New Mexico Kids' Top 10 Menus	
1	Pizza
2	Spaghetti
3	Tacos
4	Enchiladas
5	Burritos
6	Nachos
7	Chicken Nuggets
8	Hamburgers
9	Lasagna
10	Chick-fried Steak
	Frito Pie
	Indian Tacos
	Turkey and Dressing
	(These four were tied for tenth place)

These meals were used as the basis for planning New Mexico menus. Lower fat selections were interspersed with the ten favorites to make it possible to meet the guidelines.

New Mexico menus use mostly USDA menus prepared from "scratch". Many schools are located so far from population centers that they get food deliveries infrequently, and lack of storage space prevents holding large quantities of pre-prepared foods. USDA recipes make good use of the USDA commodity foods received by districts.

Schools that cannot afford the cost of preparing foods from "scratch" may take advantage of the prepared foods listed in the appendix or may call a model school for assistance in identification of purchased foods they may substitute. A menu modification class to be taught in training sessions this summer will also help them to make such substitutions.

New Mexico menus allow a choice of fruits and vegetables. Because of excessively long delivery distances, not all distributors are willing to serve remote areas. If they do agree to provide service, deliveries are usually no oftener than every second or third week. Fresh fruits

and vegetables may be limited because of their keeping qualities, and food choices may be limited to products offered by distributors willing to serve these areas.

New Mexico Menus are at the upper level of calories from 700-800, while the average grams of fat per week were kept at about 25. Many children in New Mexico are poor and may not have access to any other food except what they get at school. These children are present in large numbers in most of the schools in New Mexico and most take advantage of school meals.

Some recipes were modified to better meet the nutrient standards. Examples are the use of drained and rinsed beef, the use of lower-fat or no-fat salad dressings, the reduction of fat in baked products, reduction of salt in all recipes and the use of a mixture of lowfat and regular cheeses in the favorite New Mexico recipes. Pinto beans, chiles, onions, apples, and other products indigenous to New Mexico are also included in menus more frequently.

Model Schools Observations

It is very hard to get the required number of calories and the appropriate amounts of iron in the breakfast menus. Fortified cereal and dried fruit are encouraged as ways to help solve this problem.

When fat is reduced in the lunch menu, calories are also reduced. A reduction in calories results in an even higher **PERCENTAGE** of fat for the entire meal. Sometimes fat calories that are lost can be replaced with chocolate milk, gelatin or lowfat dessert items. It is difficult to replace calories with larger amounts of food because children have difficulty eating the larger amounts.

Draining and rinsing ground beef can reduce the fat content by almost half.

Prepared food items usually have more fat and salt than "scratch" foods; however, industry is trying to produce lower-fat options than have been available in the past.

USDA "commodity" foods are often high in fat. These foods must be utilized in order to make meals affordable, but they must be served with other very lowfat foods.

New Mexico Menu Production Instructions

The breakfast and lunch menus can be used together or independently of each other as they both meet nutrient requirements.

The nutrient analysis is based on one week's menus. For example, in the first week of lunch menus, the average daily fat equals 24.7 grams. If an entree is substituted which has more fat than any of the existing entrees, the daily average will increase, and the percent of calories from fat might exceed the requirements.

The nutrient analysis will be changed if you switch a day out of one week into another; however, we encourage you to advance the cycle so that you avoid having one menu repeat on the same day (i.e., Veggie Soup always on Mondays). You can also exchange menus within the week: for example, you can serve Tuesday's menu on Friday and Friday's menu on Tuesday since that exchange doesn't affect the week's averages.

You can switch individual foods from one menu to another within the same week. This might be helpful with desserts for example. The chilled or fresh fruit is left up to you depending on what you have from commodities or what is seasonably available, but you must plan to use a Vitamin C fruit or vegetable every day and a Vitamin A fruit or vegetable twice a week.² (Chilled fruit appears at the first of the week to accommodate delivery schedules but fruit can be either canned, frozen or fresh).

Chilled Fruit is 1/4 Cup Canned or Frozen: Pineapple Chunks 2 or Rings Fruit Cocktail Pears Peaches ↑ Vit. A Apples or Applesauce Berries Apricots ↑ Vit. A	Fresh Fruit is Approximately 1/4 Cup: Apple with Skin Orange Sections ↑ Vit. C Banana Grapes All Variety Melons Pineapple ↑ Vit. C Kiwi ↑ Vit. C	Fruit Juice is 1/4 Cup <u>100% Fruit Juice</u>: Any Flavor or Variety Students have a choice every day between fruit and juice.	Tossed Garden Salad is at Least: 1/4 Cup Lettuce 1/8 Cup Shredded Carrot ↑ Vit. A 1/8 Cup Chopped Tomato Can also include: Purple Cabbage ↑ Vit. C Broccoli ↑ Vit. C/A Celery Cucumber Bell Pepper ↑ Vit. C	Lowfat White or Chocolate Milk: Is no higher than 2% fat but can be 1.5%, 1%, or skim Note: Our menus are not analyzed for whole milk. Be creative in encouraging students to try lowfat milk.
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²See Appendices B and C for additional selections.

New Mexico Menus - Breakfast Cycle

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pancakes Cold Cereal Chilled Fruit or Juice Lowfat White or Choc Milk	2 Quesadilla Cold Cereal Chilled Fruit or Juice Lowfat White or Choc Milk	3 Fruit Oatmeal Muffin Cold Cereal Fresh Fruit or Juice Lowfat White or Choc Milk	4 Bagels with PB & Jelly or Cream Cheese Cold Cereal Fresh Fruit Lowfat White or Choc Milk	5 Scrambled Eggs Whole Wheat Toast Cold Cereal Fresh Fruit or Juice Lowfat White or Choc Milk
6 Waffles Cold Cereal Chilled Fruit or Juice Lowfat White or Choc Milk	7 Toast with PB & Jelly Cold Cereal Chilled Fruit or Juice Lowfat White or Choc Milk	8 Egg & Cheese Burrito Salsa Cold Cereal Fresh Fruit or Juice Lowfat White or Choc Milk	9 Sweet Roll Hot Cereal Fresh Fruit or Juice Lowfat White or Choc Milk	10 Quiche Whole Wheat Toast Cold Cereal Fresh Fruit or Juice Lowfat White or Choc Milk
11 French Toast Sticks Hot Cereal Chilled Fruit or Juice Lowfat White or Choc Milk	12 Cheese Toast Cold Cereal Chilled Fruit or Juice Lowfat White or Choc Milk	13 English Muffins Peanut Butter & Jelly Cold Cereal Fresh Fruit or Juice Lowfat White or Choc Milk	14 Pancakes Cold Cereal Fresh Fruit or Juice Lowfat White or Choc Milk	15 Fruit & Oatmeal Muffin Cold Cereal Fresh Fruit or Juice Lowfat White or Choc Milk
16 Boiled Eggs Whole Wheat Toast Cold Cereal Chilled Fruit or Juice Lowfat White or Choc Milk	17 Sausage Biscuit Cold Cereal Chilled Fruit or Juice Lowfat White or Choc Milk	18 Sweet Roll Cold Cereal Fresh Fruit or Juice Lowfat White or Choc Milk	19 Waffles Cold Cereal Fresh Fruit or Juice Lowfat White or Choc Milk	20 NM Breakfast Burrito Salsa Cold Cereal Fresh Fruit or Juice Lowfat White or Choc Milk

Nutrient Analysis

Percent Calories from Fat / Sat. Fat	Calories	Protein Gm	Fat Gm	Saturated Fat Gm	Vitamin C Mg	Vitamin A IU	Iron Mg	Calcium Mg
Wk 1 24% / 9.2%	568.7	19.2	15.4	5.8	28.3	2428.1	12.0	489.0
Wk 2 23% / 9.1%	563.1	19.8	14.3	5.7	32.1	1761.5	11.2	448.5
Wk 3 22% / 8.7%	589.9	20	14.4	5.7	40.9	2154.0	9.1	514.2
Wk 4 24% / 9.6%	544.7	19.3	14.7	5.8	24.6	1679.3	9.9	441.9

BREAKFAST MENUS/NUTRIENT ANALYSES - WEEK 1

MONDAY	Fat Grams	TUESDAY	Fat Grams
Pancakes	11.70	Quesadilla	8.40
Cold Cereal	1.30	Cold Cereal	0.50
Chilled Fruit or Juice		Chilled Fruit or Juice	
Lowfat White or Chocolate Milk	5.00	Lowfat White or Chocolate Milk	5.00
WEDNESDAY	Fat Grams	THURSDAY	Fat Grams
Fruit Oatmeal Muffin	8.40	Bagels with Peanut Butter and Jelly or Cream Cheese	4.30
Cold Cereal	0.60	Cold Cereal	0.80
Fresh Fruit or Juice		Fresh Fruit or Juice	
Lowfat White or Chocolate Milk	5.00	Lowfat White or Chocolate Milk	5.00
FRIDAY	Fat Grams	Constant Values for:	Fat Grams
Scrambled Eggs	6.00	Milk Types: Chocolate and White, Whole	8.00
Whole Wheat Toast	5.00	2%	5.00
Cold Cereal	0.50	1%	2.50
Fresh Fruit or Juice		Skim	0.40
Lowfat White or Chocolate Milk	5.00	Bread:	
		2 oz	4.00
		4 oz	8.00

Weekly Averages

	Calories	Protein (gms.)	Fat %	Saturated Fat %	Vitamin C (gms.)	Vitamin A (IU)	Iron (mgs.)	Calcium (mgs.)
Target	529.30	8.50	30.00	10.00	11.70	958.30	2.80	233.30
Actual	568.70	19.20	15.40	5.80	28.30	2,428.10	12.00	489.00

Breakfast Production, Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Pancakes 2 portions USDA B-13A 1/8 cup maple syrup Cold Cereal Chilled Fruit or Juice Lowfat White or Chocolate Milk	Quesadilla 1 2-oz flour tortilla 1/2 oz American cheese 1/2 oz Mozzarella cheese Cold Cereal Chilled Fruit or Juice Lowfat White or Chocolate Milk	Fruit Oatmeal Muffin 2 portions USDA B-20 Cold Cereal Fresh Fruit or Juice Lowfat White or Chocolate Milk	Bagels with Peanut Butter and Jelly or Cream Cheese 1 3" bagel, toasted 1 Tbsp peanut butter or 1 Tbsp cream cheese 1 Tbsp jelly, any flavor Cold Cereal Fresh Fruit or Juice Lowfat White or Chocolate Milk	Scrambled Eggs 1 portion USDA D-34 Whole wheat toast 1 slice whole wheat 1 tsp margarine 1 Tbsp jelly Cold Cereal Fresh Fruit or Juice Lowfat White or Chocolate Milk
NOTES	NOTES	NOTES	NOTES	NOTES

Pancakes

Bread Alternate

Bread and Cereal Products B-13

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour..... Baking powder..... Salt..... Non-instant, nonfat dry milk.... OR Instant nonfat dry milk..... Sugar.....	2 lb..... 2½ oz..... OR 2½ oz..... 2¼ oz.....	1 qt ¾ cups... ¼ cup..... 1½ tsp..... ½ cup..... OR 1 cup..... ⅓ cup.....	4 lb..... ¾ oz..... 5 oz..... OR 5 oz..... 4½ oz.....	3 qt 2½ cups... ½ cup..... 1 Tbsp..... 1 cup..... OR 2 cups..... ⅔ cup.....	1. Blend flour, baking powder, salt, dry milk, and sugar in mixer for 3 minutes on low speed.
Large eggs (see note)..... Water..... Vegetable oil.....	14 oz.....	8..... 1 qt 1¼ cups... 1 cup.....	1 lb 12½ oz....	16..... 2 qt 2½ cups... 2 cups.....	2. Combine eggs, water, and oil. Add to dry ingredients.
						3. Blend for 2 minutes on low speed. Batter will be lumpy. DO NOT OVERMIX. 4. Portion batter with level No. 20 scoop (3⅓ Tbsp) onto griddle, which has been heated to 375°F. If desired lightly oil griddle surface. 5. Cook until surface of pancakes is covered with bubbles and bottom side is lightly browned, approximately 2 minutes. Turn and cook until lightly browned on other side, approximately 1 minute. 6. Serve immediately or reheat in covered steam table pans (12"x20"x2½"): Conventional Oven 350°F, 10-15 minutes Convection Oven 300°F, 8-10 minutes

(Continued on back)

Pancakes (Continued)

Serving: 1 pancake provides 1 serving of bread alternate.

Yield: 50 servings: 50 4-inch pancakes
100 servings: 100 4-inch pancakes

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
129	3.4	16	5	.94	52	0.1	79.5	1.08	45	187	.5

Oatmeal Muffin Squares

Grains/Breads

Grains/Breads B-20

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Rolled oats..... Hot water.....	8 oz.....	2¼ cups..... 3½ cups.....	1 lb.....	1 qt ½ cup..... 1 qt 3 cups.....	1. Place oats in a stainless steel bowl and pour hot water over them. Let stand 20 minutes. Do not drain.
All-purpose flour..... Baking soda..... Ground cinnamon..... Ground nutmeg..... Salt.....	1 lb 3 oz.....	3½ cups..... 1¼ tsp..... 1¼ tsp..... 1¼ tsp..... 1¼ tsp.....	2 lb 6 oz.....	1 qt 3 cups..... 2½ tsp..... 2½ tsp..... 2½ tsp..... 2½ tsp.....	2. Combine flour, baking soda, cinnamon, nutmeg, and salt in a bowl.
Margarine or butter..... Brown sugar..... Sugar..... Vanilla.....	6 oz..... 1 lb 2 oz..... 1 lb 2 oz.....	¾ cup..... 2¼ cups..... 2¼ cups..... 2½ tsp.....	12 oz..... 2 lb 4 oz..... 2 lb 4 oz.....	1½ cups..... 1 qt ½ cup..... 1 qt ½ cup..... 1 Tbsp 2 tsp....	3. In a mixing bowl, using a paddle attachment, beat the margarine and sugars for 10 minutes. Scrape down the sides of the bowl. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes.
Frozen egg whites, thawed..... OR Fresh large egg whites.....	9 oz..... OR	1⅞ cups..... OR 7 each.....	1 lb 2 oz..... OR	2¼ cups..... OR 14 each.....	4. Add the oat mixture and blend. Add the flour mixture and blend for 1 minute. Scrape down the sides of the bowl.
Lowfat plain yogurt..... Canned applesauce.....	2 oz..... 2 oz.....	¼ cup..... ¼ cup.....	4 oz..... 4 oz.....	½ cup..... ½ cup.....	
Topping: Rolled oats..... All-purpose flour..... Brown sugar..... Margarine or butter.....	3 oz..... 1 oz..... 2 oz..... 2 oz.....	1 cup..... ¼ cup..... ¼ cup..... ¼ cup.....	6 oz..... 2 oz..... 4 oz..... 4 oz.....	2 cups..... ½ cup..... ½ cup..... ½ cup.....	5. Combine topping ingredients and mix until crumbs are pea-sized. 6. Pour 3 qt (7 lb 7 oz) of batter into each lightly greased 12"x20"x2½" steam table pan and spread evenly. Sprinkle 1¾ cups of topping over each pan. 7. To Bake: Conventional Oven 325°F, 45 minutes Convection Oven 325°F, 35 minutes Bake until golden brown and muffin pulls away from sides of pan. 8. Cut each pan 10x5.

(Continued on back)

Oatmeal Muffin Squares (Continued)

Variations

a. Peach Muffin Squares

.....
In Step 6, refrigerate batter (already in pans) for 1 hour prior to adding topping. Then spread 3 lb 2 oz of canned, sliced peaches (drained) over each pan. (Fruit may be pureed.) Sprinkle 1¾ cups of topping over fruit. Bake as directed.

b. Blueberry Muffin Squares

.....
In Step 6, refrigerate batter (already in pans) for 1 hour prior to adding topping. Then spread 3 lb 2 oz of frozen blueberries (thawed and drained) over each pan. (Fruit may be pureed.) Sprinkle 1¾ cups of topping over fruit. Bake as directed.

Serving: 1 piece
provides 1 serving of grains/breads

Yield: 50 servings: 7 lb 1 oz
100 servings: 14 lb 2 oz
Volume: 50 servings: 3 qt ½ cup
100 servings: 1 gal 2 qt 1 cup

Nutrients Per Serving

Calories	Protein (grams)	Carbs (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
185	3	34	4.2	.9	157	0	20	1.0	0	147	1

Scrambled Eggs

Meat Alternate

Main Dishes D-34

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Large eggs (see note)	5 lb 9 oz	50	11 lb 2 oz	100	1. Beat eggs thoroughly.
Reconstituted nonfat dry milk Salt	1 qt 1 1/2 tsp	2 qt 1 Tbsp	2. Add milk and salt. Mix until well blended. 3. Pour 3 lb 12 oz (1 qt 3 1/4 cups) egg mixture into each steam table pan (12" x 20" x 2 1/2"), which has been lightly greased. For 50 servings, use 2 steam table pans. For 100 servings, use 4 steam table pans. 4. Bake or steam: Conventional oven: 350 ° F for 20 minutes. Stir once after 15 minutes. Convection oven: 300 ° F for 15 minutes. Stir once after 10 minutes. Steamer: 5 lb pressure for 3-5 minutes. DO NOT STIR WHILE STEAMING. DO NOT OVERCOOK. 5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.
Butter or margarine (optional)	2 1/2 oz	1/3 cup	5 1/4 oz	2/3 cup	6. Add approximately 1 1/4 oz (2 Tbsp 1 1/2 tsp) butter or margarine (optional) to each pan. Stir.
Cheddar cheese, shredded (optional)	14 oz	1 qt	1 lb 12 oz	2 qt	7. Sprinkle 7 oz (2 cups) cheese (optional) over each pan. 8. Portion with No. 16 scoop (1/4 cup). For best results, serve within 15 minutes.

Serving: 1/4 cup (No. 16 scoop) provides 1 large egg.

Yield: 50 servings: 2 steam table pans
100 servings: 4 steam table pans

NOTE: **50 servings:** Use 1 lb 9 oz (2 qt 1/2 cup) dried whole eggs and 2 qt 1/2 cup water in place of shell eggs.
100 servings: Use 3 lb 2 oz (1 gal 1 cup) dried whole eggs and 1 gal 1 cup water in place of shell eggs.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
82.56	7	1.65	5.07	1.572	320	0.128	49.92	.736	214.4	144.64	0

BREAKFAST MENUS/NUTRIENT ANALYSES - WEEK 2

MONDAY	Fat Grams	TUESDAY	Fat Grams
Waffles	5.40	Toast with Peanut Butter and Jelly	9.40
Cold Cereal	0.70	Cold Cereal	0.50
Chilled Fruit or Juice		Chilled Fruit or Juice	
Lowfat White or Chocolate Milk	5.00	Lowfat White or Chocolate Milk	5.00
WEDNESDAY	Fat Grams	THURSDAY	Fat Grams
Egg and Cheese Burrito	12.10	Sweet Roll	4.30
Salsa		Hot Cereal	0.70
Cold Cereal	0.20	Fresh Fruit or Juice	
Fresh Fruit or Juice		Lowfat White or Chocolate Milk	5.00
Lowfat White or Chocolate Milk	5.00		
FRIDAY	Fat Grams	Constant Values for:	Fat Grams
Quiche	8.70	Milk Types: Chocolate and White, Whole	8.00
Whole Wheat Toast with Margarine (1 tsp)	5.00	2%	5.00
Cold Cereal	0.10	1%	2.50
Fresh Fruit or Juice		Skim	0.40
Lowfat White or Chocolate Milk	5.00	Bread:	
		2 oz	4.00
		4 oz	8.00

Weekly Averages

	Calories	Protein (gms.)	Fat %	Saturated Fat %	Vitamin C (gms.)	Vitamin A (IU)	Iron (mgs.)	Calcium (mgs.)
Target	529.30	8.50	30.00	10.00	11.70	958.30	2.80	233.30
Actual	563.10	19.80	14.30	5.70	32.10	1,761.30	11.20	448.50

Breakfast Production, Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Waffles 2 frozen 1/8 cup maple syrup Cold Cereal Fresh Fruit or Juice Lowfat White or Chocolate Milk	Toast with Peanut Butter and Jelly 1 slice whole wheat 1 Tbsp peanut butter 1 Tbsp jelly, any flavor Cold Cereal Chilled Fruit or Juice Lowfat White or Chocolate Milk	Egg and Cheese Burrito 1 2-oz flour tortilla 1 portion egg USDA D-34 1/4 oz American cheese 1/4 oz Mozzarella cheese Salsa 1 oz commodity Cold Cereal Fresh Fruit or Juice Lowfat White or Chocolate Milk	School-Made Sweet Roll 1 portion USDA B-8 Cold Cereal Fresh Fruit or Juice Lowfat White or Chocolate Milk	Quiche 1 portion USDA D-32 Whole Wheat Toast 1 slice whole wheat 1 tsp margarine 1 Tbsp jelly Cold Cereal Fresh Fruit or Juice Lowfat White or Chocolate Milk
NOTES	NOTES	NOTES	NOTES	NOTES

Scrambled Eggs

Meat Alternate

Main Dishes D-34

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Large eggs (see note)	5 lb 9 oz	50	11 lb 2 oz	100	1. Beat eggs thoroughly.
Reconstituted nonfat dry milk Salt	1 qt 1 1/2 tsp	2 qt 1 Tbsp	2. Add milk and salt. Mix until well blended. 3. Pour 3 lb 12 oz (1 qt 3 1/4 cups) egg mixture into each steam table pan (12" x 20" x 2 1/2"), which has been lightly greased. For 50 servings, use 2 steam table pans. For 100 servings, use 4 steam table pans. 4. Bake or steam: Conventional oven: 350 ° F for 20 minutes. Stir once after 15 minutes. Convection oven: 300 ° F for 15 minutes. Stir once after 10 minutes. Steamer: 5 lb pressure for 3-5 minutes. DO NOT STIR WHILE STEAMING. DO NOT OVERCOOK. 5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.
Butter or margarine (optional)	2 1/2 oz	1/3 cup	5 1/4 oz	2/3 cup	6. Add approximately 1 1/4 oz (2 Tbsp 1 1/2 tsp) butter or margarine (optional) to each pan. Stir.
Cheddar cheese, shredded (optional)	14 oz	1 qt	1 lb 12 oz	2 qt	7. Sprinkle 7 oz (2 cups) cheese (optional) over each pan. 8. Portion with No. 16 scoop (1/4 cup). For best results, serve within 15 minutes.

Serving: 1/4 cup (No. 16 scoop) provides 1 large egg.

Yield: 50 servings: 2 steam table pans.
100 servings: 4 steam table pans

NOTE: **50 servings:** Use 1 lb 9 oz (2 qt 1/2 cup) dried whole eggs and 2 qt 1/2 cup water in place of shell eggs.
100 servings: Use 3 lb 2 oz (1 gal 1 cup) dried whole eggs and 1 gal 1 cup water in place of shell eggs.

Nutrients Per Servings

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
82.56	7	1.65	5.07	1.572	320	0.128	49.92	.736	214.4	144.64	0

Cinnamon Rolls

Bread

Bread and Cereal Products B-8

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Active dry yeast (see note)..... Water, warm (110°F).....	1/3 cup..... 1 1/2 cups.....	3 1/4 oz.....	1/2 cup 2 Tbsp 3 cups.....	For best results, have all ingredients and utensils at room temperature. 1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
All-purpose or bread flour..... Non-instant, nonfat dry milk..... OR Instant nonfat dry milk..... Sugar..... Salt.....	3 lb 10 oz..... 3 1/4 oz..... OR 3 1/4 oz..... 5 3/4 oz..... 	3 1/4 qt..... 2/3 cup..... OR 1 1/3 cups..... 3/4 cup 2 Tbsp 2 Tbsp.....	7 lb 4 oz..... 6 1/2 oz..... OR 6 1/2 oz..... 11 1/2 oz..... 2 1/2 oz.....	6 1/2 qt..... 1 1/3 cups..... OR 2 3/4 cups..... 1 1/2 cups 2 Tbsp..... 1/4 cup.....	2. Place all dry ingredients (flour, dry milk, sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.
Vegetable oil.....	3/4 cup 2 Tbsp	1 2/3 cups.....	3. Add oil and blend on low speed for approximately 2 minutes.
Water (68°F).....	2 1/2 cups.....	1 1/4 qt.....	4. Add water. Mix on low speed for 1 minute.
						5. Add dissolved yeast and mix on low speed for 2 minutes. 6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic. 7. Place in warm area (about 90°F) for 45-60 minutes. 8. Place dough on lightly floured surface. Divide into balls, 3 lb 6 oz each. For 50 servings divide into 2 balls. For 100 servings divide into 4 balls.

(Continued on back)

Cinnamon Rolls (Continued)

Bread and Cereal Products B-8

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Cinnamon..... Sugar.....5¼ oz.....	¼ cup..... ¾ cup..... 10½ oz.....	½ cup..... 1½ cups.....	9. Combine cinnamon and sugar. Mix well. Set aside for step 11.
						10. Roll each ball of dough into a rectangle 25"x10", ¼" thick.
Vegetable oil.....	1 Tbsp.....	2 Tbsp.....	11. Lightly brush each rectangle with oil. Sprinkle approximately ½ cup cinnamon-sugar mixture over each rectangle.
Raisins.....	10 oz.....	2 cups.....	1 lb 4½ oz.....	1 qt.....	12. Sprinkle 1 cup raisins over cinnamon-sugar mixture on each rectangle.
						13. Roll each rectangle on the long side to form a long slender roll. Cut each roll into 25 uniform pieces 1" thick. 14. Place on lightly oiled sheet pan (18"x26"x1") in rows of 10 down and 5 across. For 50 servings, use 1 sheet pan. For 100 servings, use 2 sheet pans. 15. Place in a warm area (about 90°F) until double in size, 30-50 minutes. 16. Bake until lightly browned: Conventional Oven 400°F, 18-20 minutes Convection Oven 350°F, 12-14 minutes
Butter or margarine, melted (optional).....	1 Tbsp.....	2 Tbsp.....	17. Optional: Brush lightly with melted butter or margarine (approximately 1 Tbsp per pan) while warm.

Serving: 1 2-ounce roll provides 2 servings of bread.

Yield: 50 servings: about 50 2-ounce rolls
100 servings: about 100 2-ounce rolls

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
206	5	38	4	.66	2	0.4	35.4	1.9	Tr	287	1.4

Quiche With Self-Forming Crust

Meat Alternate

Main Dishes D-32

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Process American cheese, shredded	1 lb 10 oz	1 3/4 qt	3 lb 4 oz	3 1/2 qt	1. Sprinkle 13 oz (3 1/2 cups) cheese into each pan (12" x 20" x 2 1/2"), which has been lightly greased. For 50 servings, use 2 steam table pans. For 100 servings, use 4 steam table pans.
Large eggs (see note)	4 lb 7 oz	40	8 lb 14 oz	80	2. Beat eggs in mixer on medium speed for 2 minutes.
Reconstituted nonfat dry milk . All-purpose flour Baking powder Salt Black or white pepper Ground nutmeg (optional) Dehydrated onions OR Fresh Onions, Chopped 14 oz 2 1/4 oz OR 12 oz	3 qt 3 1/4 cups 1/2 tsp 1 Tbsp 1 tsp 1/2 tsp 1/2 cup 2 Tbsp OR 2 cups 1 lb 12 oz 4 1/2 oz OR 1 lb 8 oz	1 1/2 gal 1 qt 2 1/4 cups 1 tsp 2 Tbsp 2 tsp 1 tsp 1 1/4 cups OR 1 qt	3. Add milk, flour, baking powder, salt, pepper, nutmeg (optional), and onions. Mix for 4 minutes on low speed.
Process American cheese, shredded (optional)	11 oz	3 cups	1 lb 6 oz	1 1/2 qt	4. Slowly pour 3 lb 14 oz (2 3/4 qt) mixture evenly over cheese in each pan. Sprinkle 5 1/2 oz (1 1/2 cups) cheese (Optional) over liquid mixture in each pan.

(Continued on back)

Quiche With Self-Forming Crust (Continued)

Meat Alternate

Main Dishes D-32

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>5. Bake until a knife inserted near center comes out clean. Surface will be lightly browned and puffy.</p> <p>Conventional oven: 400 ° F for 50-60 minutes</p> <p>Convection oven: 350 ° F for 25-35 minutes</p> <p>Stir lightly twice during first half of baking time.</p> <p>6. Let stand for 5 minutes. Cut each pan 5" x 5" (25 portions per pan).</p>

Serving: 1 portion provides the equivalent of 2 ounces of cooked lean meat.

Yield: 50 servings: 2 steam table pans.
100 servings: 4 steam table pans.

NOTE: **50 servings:** Use 1 lb 4 oz (1 qt 2 2/3 cups) dried whole eggs and 1 qt 2 2/3 cups water in place of shell eggs.
100 servings: Use 2 lb 8 oz (3 qt 1 1/4 cups) dried whole eggs and 3 qt 1 1/4 cups water in place of shell eggs.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
174	11	11	9	4.2	436.7	1.1	195	1.2	236	444	.357

BREAKFAST MENUS/NUTRIENT ANALYSES - WEEK 3

MONDAY	Fat Grams	TUESDAY	Fat Grams
French Toast Sticks	7.60	Cheese Toast	7.10
Hot Cereal	1.20	Cold Cereal	0.50
Chilled Fruit or Juice		Chilled Fruit or Juice	
Lowfat White or Chocolate Milk	5.00	Lowfat White or Chocolate Milk	5.00
WEDNESDAY	Fat Grams	THURSDAY	Fat Grams
English Muffins with Peanut Butter and Jelly	9.40	Pancakes	11.70
Cold Cereal	0.10	Cold Cereal	0.60
Fresh Fruit or Juice		Fresh Fruit or Juice	
Lowfat White or Chocolate Milk	5.00	Lowfat White or Chocolate Milk	5.00
FRIDAY	Fat Grams	Constant Values for:	Fat Grams
Fruit and Oatmeal Muffin	8.40	Milk Types: Chocolate and White, Whole	8.00
Cold Cereal	0.80	2%	5.00
Fresh Fruit or Juice		1%	2.50
Lowfat White or Chocolate Milk	5.00	Skim	0.40
		Bread:	
		2 oz	4.00
		4 oz	8.00

Weekly Averages

	Calories	Protein (gms.)	Fat %	Saturated Fat %	Vitamin C (gms.)	Vitamin A (IU)	Iron (mgs.)	Calcium (mgs.)
Target	529.30	8.50	30.00	10.00	11.70	958.30	2.80	233.30
Actual	589.90	20.00	14.40	5.70	40.90	2,154.00	9.10	514.20

Breakfast Production, Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks 2 portions USDA J-3 Hot Cereal Chilled Fruit or Juice Lowfat White or Chocolate Milk	Cheese Toast 1 slice whole wheat 1/2 oz American cheese 1/2 oz Mozzarella cheese Cold Cereal Chilled Fruit or Juice Lowfat White or Chocolate Milk	English Muffins 1 muffin toasted 1 Tbsp peanut butter 1 Tbsp jelly, any flavor Cold Cereal Fresh Fruit or Juice Lowfat White or Chocolate Milk	Pancakes 2 portions USDA B-13A 1/8 cup maple syrup Cold Cereal Fresh Fruit or Juice Lowfat White or Chocolate Milk	Fruit Oatmeal Muffin 2 portions USDA B-20 Cold Cereal Fresh Fruit or Juice Lowfat White or Chocolate Milk
NOTES	NOTES	NOTES	NOTES	NOTES

Baked French Toast Strips

Meat • Grains/Breads

Breakfast J-3

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
"Texas Toast" white bread, ½" thick (1½ oz slices).....	3 lb 5 oz.....	35 slices.....	6 lb 10 oz.....	70 slices.....	1. Cut each slice of bread into 3 even strips. Arrange 35 of these strips of bread in each lightly greased 12" x 20" x 2½" steam table pan.
Frozen whole eggs, thawed..... OR Fresh large eggs.....	2 lb 14 oz.....	1 qt 1¾ cups 25 each.....	5 lb 12 oz.....	2 qt 3½ cups 50 each.....	2. Combine the eggs, milk, sugar, salt, and vanilla in a mixing bowl. Mix for 5 minutes, Using a paddle attachment, until ingredients Are well blended. 3. Pour 1 qt 1 cup of egg mixture over each pan of bread strips. 4. Cover pans with plastic wrap and chill for 4 to 24 hours.
Lowfat milk.....	1 qt 2 cups.....	3 qt.....	
Sugar.....	10 oz.....	1¼ cups.....	1 lb 4 oz.....	2½ cups.....	
Salt.....	1½ tsp.....	1 Tbsp.....	
Vanilla.....	1 Tbsp 1 tsp....	2 Tbsp 2 tsp....	5. Sprinkle cinnamon on top. 6. To Bake: Conventional Oven 425°F, 35 minutes Convection Oven 375°F, 20 minutes 7. Serve with Spiced Apple Topping (G-9), lowfat yogurt, fresh fruit, or maple syrup.
Ground cinnamon.....	2 tsp.....	1 Tbsp 1 tsp....	

Serving: 2 strips
provides 1 large egg and
1 serving of grains/breads

Yield: 50 servings: 9 lb
100 servings: 18 lb

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
157	7	23	3.8	1.2	226	0	73	1.2	112	301	1

Pancakes

Bread Alternate

Bread and Cereal Products B-13

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour..... Baking powder..... Salt..... Non-instant, nonfat dry milk.... OR Instant nonfat dry milk..... Sugar.....	2 lb..... 2½ oz..... OR 2½ oz..... 2¼ oz.....	1 qt ¾ cups... ¼ cup..... 1½ tsp..... ½ cup..... OR 1 cup..... ⅓ cup.....	4 lb..... ¾ oz..... 5 oz..... OR 5 oz..... 4½ oz.....	3 qt 2½ cups... ½ cup..... 1 Tbsp..... 1 cup..... OR 2 cups..... ⅔ cup.....	1. Blend flour, baking powder, salt, dry milk, and sugar in mixer for 3 minutes on low speed.
Large eggs (see note)..... Water..... Vegetable oil.....	14 oz.....	8..... 1 qt 1¼ cups... 1 cup.....	1 lb 12½ oz....	16..... 2 qt 2½ cups... 2 cups.....	2. Combine eggs, water, and oil. Add to dry ingredients.
						3. Blend for 2 minutes on low speed. Batter will be lumpy. DO NOT OVERMIX. 4. Portion batter with level No. 20 scoop (3⅓ Tbsp) onto griddle, which has been heated to 375°F. If desired lightly oil griddle surface. 5. Cook until surface of pancakes is covered with bubbles and bottom side is lightly browned, approximately 2 minutes. Turn and cook until lightly browned on other side, approximately 1 minute. 6. Serve immediately or reheat in covered steam table pans (12"x20"x2½"): Conventional Oven 350°F, 10-15 minutes Convection Oven 300°F, 8-10 minutes

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Pancakes (Continued)

Serving: 1 pancake provides 1 serving of bread alternate.

Yield: 50 servings: 50 4-inch pancakes
100 servings: 100 4-inch pancakes

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
129	3.4	16	5	.94	52	0.1	79.5	1.08	45	187	.5

Oatmeal Muffin Squares

Grains/Breads

Grains/Breads B-20

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Rolled oats..... Hot water.....	8 oz.....	2¼ cups..... 3½ cups.....	1 lb.....	1 qt ½ cup..... 1 qt 3 cups.....	1. Place oats in a stainless steel bowl and pour hot water over them. Let stand 20 minutes. Do not drain.
All-purpose flour..... Baking soda..... Ground cinnamon..... Ground nutmeg..... Salt.....	1 lb 3 oz.....	3½ cups..... 1¼ tsp..... 1¼ tsp..... 1¼ tsp..... 1¼ tsp.....	2 lb 6 oz.....	1 qt 3 cups..... 2½ tsp..... 2½ tsp..... 2½ tsp..... 2½ tsp.....	2. Combine flour, baking soda, cinnamon, nutmeg, and salt in a bowl.
Margarine or butter..... Brown sugar..... Sugar..... Vanilla..... Frozen egg whites, thawed..... OR Fresh large egg whites..... Lowfat plain yogurt..... Canned applesauce.....	6 oz..... 1 lb 2 oz..... 1 lb 2 oz..... 9 oz..... 2 oz..... 2 oz.....	¾ cup..... 2¼ cups..... 2¼ cups..... 2½ tsp..... 1⅞ cups..... 7 each..... ¼ cup..... ¼ cup.....	12 oz..... 2 lb 4 oz..... 2 lb 4 oz..... 1 lb 2 oz..... 4 oz..... 4 oz.....	1½ cups..... 1 qt ½ cup..... 1 qt ½ cup..... 1 Tbsp 2 tsp.... 2¼ cups..... 14 each..... ½ cup..... ½ cup.....	3. In a mixing bowl, using a paddle attachment, beat the margarine and sugars for 10 minutes. Scrape down the sides of the bowl. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes. 4. Add the oat mixture and blend. Add the flour mixture and blend for 1 minute. Scrape down the sides of the bowl.
Topping: Rolled oats..... All-purpose flour..... Brown sugar..... Margarine or butter.....	3 oz..... 1 oz..... 2 oz..... 2 oz.....	1 cup..... ¼ cup..... ¼ cup..... ¼ cup.....	6 oz..... 2 oz..... 4 oz..... 4 oz.....	2 cups..... ½ cup..... ½ cup..... ½ cup.....	5. Combine topping ingredients and mix until crumbs are pea-sized. 6. Pour 3 qt (7 lb 7 oz) of batter into each lightly greased 12"x20"x2½" steam table pan and spread evenly. Sprinkle 1¾ cups of topping over each pan. 7. To Bake: Conventional Oven 325°F, 45 minutes Convection Oven 325°F, 35 minutes Bake until golden brown and muffin pulls away from sides of pan. 8. Cut each pan 10x5.

(Continued on back)

Oatmeal Muffin Squares (Continued)

Variations

a. Peach Muffin Squares

.....
In Step 6, refrigerate batter (already in pans) for 1 hour prior to adding topping. Then spread 3 lb 2 oz of canned, sliced peaches (drained) over each pan. (Fruit may be pureed.) Sprinkle 1¾ cups of topping over fruit. Bake as directed.

b. Blueberry Muffin Squares

.....
In Step 6, refrigerate batter (already in pans) for 1 hour prior to adding topping. Then spread 3 lb 2 oz of frozen blueberries (thawed and drained) over each pan. (Fruit may be pureed.) Sprinkle 1¾ cups of topping over fruit. Bake as directed.

Serving: 1 piece
provides 1 serving of grains/breads

Yield: 50 servings: 7 lb 1 oz
100 servings: 14 lb 2 oz
Volume: 50 servings: 3 qt ½ cup
100 servings: 1 gal 2 qt 1 cup

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
185	3	34	4.2	.9	157	0	20	1.0	0	147	1

BREAKFAST MENUS/NUTRIENT ANALYSES - WEEK 4

MONDAY	Fat Grams	TUESDAY	Fat Grams
Boiled Eggs	5.30	Sausage Biscuit	16.10
Whole Wheat Toast	5.00	Cold Cereal	0.10
Cold Cereal	1.30	Chilled Fruit or Juice	
Chilled Fruit or Juice		Lowfat White or Chocolate Milk	5.00
Lowfat White or Chocolate Milk	5.00		
WEDNESDAY	Fat Grams	THURSDAY	Fat Grams
School-made Sweet Roll	4.30	Waffles	5.40
Cold Cereal	0.70	Cold Cereal	1.70
Fresh Fruit or Juice		Fresh Fruit or Juice	
Lowfat White or Chocolate Milk	5.00	Lowfat White or Chocolate Milk	5.00
FRIDAY	Fat Grams	Constant Values for:	Fat Grams
New Mexico Breakfast Burrito	8.40	Milk Types: Chocolate and White, Whole	8.00
Salsa		2%	5.00
Cold Cereal	0.50	1%	2.50
Fresh Fruit or Juice		Skim	0.40
Lowfat White or Chocolate Milk	5.00	Bread:	
		2 oz	4.00
		4 oz	8.00

Weekly Averages

	Calories	Protein (gms.)	Fat %	Saturated Fat %	Vitamin C (gms.)	Vitamin A (IU)	Iron (mgs.)	Calcium (mgs.)
Target	529.30	8.50	30.00	10.00	11.70	958.30	2.80	233.30
Actual	544.70	19.30	14.70	5.80	24.60	1,679.30	9.90	441.90

Breakfast Production, Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Boiled Eggs 1 large egg Whole Wheat Toast 1 slice whole wheat 1 tsp margarine 1 Tbsp jelly Cold Cereal Chilled Fruit or Juice Lowfat White or Chocolate Milk	Sausage Biscuit 1.5 oz pork sausage patty commodity 1 biscuit USDA B-4 Cold Cereal Chilled Fruit or Juice Lowfat White or Chocolate Milk	School-made Sweet Roll 1 portion USDA B-8 Cold Cereal Fresh Fruit or Juice Lowfat White or Chocolate Milk	Waffles 2 frozen 1/8 cup maple syrup Cold Cereal Fresh Fruit or Juice Lowfat White or Chocolate Milk	New Mexico Breakfast Burrito 1 USDA Burrito J-2 Salsa 1 oz commodity Cold Cereal Fresh Fruit or Juice Lowfat White or Chocolate Milk
NOTES	NOTES	NOTES	NOTES	NOTES

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Baking Powder Biscuits

Bread

Bread and Cereal Products B-4

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour..... Non-instant, nonfat dry milk..... OR Instant nonfat dry milk..... Baking powder..... Salt.....	3 lb..... 3 oz..... OR 3 oz..... 2¾ oz.....	2¾ qt..... ½ cup 2 Tbsp OR 1¼ cups..... ¼ cup 3 Tbsp 1 Tbsp.....	6 lb..... 6 oz..... OR 6 oz..... 5½ oz.....	5½ qt..... 1¼ cups..... OR 2½ cups..... ¾ cup 2 Tbsp 2 Tbsp.....	1. Blend flour, dry milk, baking powder, and salt in mixer for 1 minute at low speed.
Shortening.....	11½ oz.....	1¾ cups.....	1 lb 6½ oz.....	3½ cups.....	2. Add shortening and blend into dry ingredients for 2 minutes at low speed. Mixture will be crumbly.
Cold water.....	3¾ cups.....	1 qt 3½ cups...	3. Add water and mix on low speed for approximately 1 minute to form soft dough. Scrape bowl as necessary during mixing.

						<p>4. Turn out onto lightly floured surface. For 50 servings, knead ball of dough lightly for 1 minute. For 100 servings, divide dough in half and knead each half lightly for 1 minute.</p> <p>5. Roll or pat out each ball of dough to ½" thickness. Cut with floured 2 ½" biscuit cutter and place on sheet pan (18"x26"x1") in rows of 10 down and 5 across. For 50 servings, use 1 sheet pan. For 100 servings, use 2 sheet pans.</p> <p>6. Bake until lightly browned: Conventional Oven 450°F, 12-14 minutes Convection Oven 400°F, 8-10 minutes</p>
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Serving: 1 biscuit provides 1½ servings of bread.

Yield: 50 servings: 50 2½-inch biscuits
 100 servings: 100 2½-inch biscuits

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
161.3	3.4	22	6.6	1.6	.48	0.1	57	1.4	Tr	312.5	.72

Cinnamon Rolls

Bread

Bread and Cereal Products B-8

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Active dry yeast (see note)..... Water, warm (110°F).....	⅓ cup..... 1½ cups.....	3¼ oz.....	½ cup 2 Tbsp 3 cups.....	For best results, have all ingredients and utensils at room temperature. 1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
All-purpose or bread flour..... Non-instant, nonfat dry milk..... OR Instant nonfat dry milk..... Sugar..... Salt.....	3 lb 10 oz..... 3¼ oz..... OR 3¼ oz..... 5¾ oz.....	3¼ qt..... ⅔ cup..... OR 1⅓ cups..... ¾ cup 2 Tbsp 2 Tbsp.....	7 lb 4 oz..... 6½ oz..... OR 6½ oz..... 11½ oz..... 2½ oz.....	6½ qt..... 1⅓ cups..... OR 2¾ cups..... 1½ cups 2 Tbsp..... ¼ cup.....	2. Place all dry ingredients (flour, dry milk, sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.

Vegetable oil.....	¾ cup 2 Tbsp	1⅔ cups.....	3. Add oil and blend on low speed for approximately 2 minutes.
Water (68°F).....	2½ cups.....	1¼ qt.....	4. Add water. Mix on low speed for 1 minute.
						5. Add dissolved yeast and mix on low speed for 2 minutes. 6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic. 7. Place in warm area (about 90°F) for 45-60 minutes. 8. Place dough on lightly floured surface. Divide into balls, 3 lb 6 oz each. For 50 servings divide into 2 balls. For 100 servings divide into 4 balls.

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Cinnamon Rolls (Continued)

Bread and Cereal Products B-8

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Cinnamon..... Sugar.....5¼ oz.....	¼ cup..... ¾ cup..... 10½ oz.....	½ cup..... 1½ cups.....	9. Combine cinnamon and sugar. Mix well. Set aside for step 11.
						10. Roll each ball of dough into a rectangle 25"x10", ¼" thick.
Vegetable oil.....	1 Tbsp.....	2 Tbsp.....	11. Lightly brush each rectangle with oil. Sprinkle approximately ½ cup cinnamon-sugar mixture over each rectangle.
Raisins.....	10 oz.....	2 cups.....	1 lb 4½ oz.....	1 qt.....	12. Sprinkle 1 cup raisins over cinnamon-sugar mixture on each rectangle.
						13. Roll each rectangle on the long side to form a long slender roll. Cut each roll into 25 uniform pieces 1" thick. 14. Place on lightly oiled sheet pan (18"x26"x1") in rows of 10 down and 5 across. For 50 servings, use 1 sheet pan. For 100 servings, use 2 sheet pans. 15. Place in a warm area (about 90°F) until double in size, 30-50 minutes. 16. Bake until lightly browned: Conventional Oven 400°F, 18-20 minutes Convection Oven 350°F, 12-14 minutes
Butter or margarine, melted (optional).....	1 Tbsp.....	2 Tbsp.....	17. Optional: Brush lightly with melted butter or margarine (approximately 1 Tbsp per pan) while warm.

Serving: 1 2-ounce roll provides 2 servings of bread.

Yield: 50 servings: about 50 2-ounce rolls
100 servings: about 100 2-ounce rolls

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
206	5	38	4	.66	2	0.4	35.4	1.9	Tr	287	1.4

Breakfast Burrito with Salsa

Meat • Vegetable • Grains/Breads

Breakfast J-2

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Frozen whole eggs, thawed OR Fresh large eggs.....	6 lb 4 oz.....	3 qt.....	12 lb 8 oz.....	1 gal 2 qt.....	<ol style="list-style-type: none"> 1. In a mixer, using a paddle attachment, blend the eggs, corn, milk, green peppers, onions, tomatoes, prepared mustard, granulated garlic, hot pepper sauce, and salt. 2. Pour 1 gal 2 cups of the above egg mixture into each oiled 12" x 20" x 2½" steam table pan. Cover with foil or metal lid. To Bake: Conventional Oven 350°F, 60 minutes Convection Oven 325°F, 50 minutes Compartment Steamer 30 minutes Bake until thoroughly cooked. 3. Arrange 25 tortillas in each 12" x 20" x 2½" steam table pan, so that they overlap. To Heat: Compartment Steamer 2 to 3 minutes, covered with plastic wrap Conventional Oven 300°F, 3 minutes covered with a clean damp cloth Convection Oven 300°F, 3 minutes covered with a clean damp cloth 4. Fill each tortilla with a No. 10 scoop of cooked egg mixture. See illustration for filling and rolling tortillas. 5. Serve each burrito with 2 Tbsp (1 oz) of salsa as a garnish.
Frozen Diced Potatoes.....	25 cups.....	
Lowfat milk.....	¾ cup.....	1½ cups.....	
Fresh green peppers, diced.... OR †Dried green peppers.....	12 oz.....	2½ cups.....	1 lb 8 oz.....	1 qt 1 cup.....	
Onions, diced..... OR †Dried minced onions.....	14 oz.....	2¼ cups.....	1 lb 12 oz.....	1 qt ½ cup.....	
Fresh tomatoes, diced.....	2 oz.....	1 cup.....	4 oz.....	2 cups.....	
Prepared mustard.....	¼ cup.....	½ cup.....	
Granulated garlic.....	2 tsp.....	1 Tbsp 1 tsp....	
Hot pepper sauce.....	1 Tbsp.....	2 Tbsp.....	
Salt.....	2 tsp.....	1 Tbsp 1 tsp....	
Flour tortillas, 7-inch.....	50 each.....	100 each.....	
Canned salsa.....	3 lb 2 oz.....	1 qt 2 cups.....	6 lb 4 oz.....	3 qt.....	

†Rehydrate using an equal amount of water. Do not drain.

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Breakfast Burrito with Salsa (Continued)

Special Tip: For best results, cook egg filling in a steamer.

Serving Size: 1 burrito
provides 2 ounces of meat,
¼ cup of vegetable,
and 1 serving of grains/breads

Yield: 50 servings: 9 lb 12 oz (filling)
100 servings: 19 lb 8 oz (filling)

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
242	12	28	8.9	2.3	657	8	92	2.5	241	442	2

New Mexico Menus - Lunch Cycle

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Veggie Beef Soup Turkey Ham Sandwich Lettuce/Tomato/Pickle Chilled Fruit or Juice Oatmeal Cookie Lowfat White or Choc Milk</p>	<p>2</p> <p>Chicken Nuggets Oven Ready Fries Roll Fresh Fruit or Juice Lowfat White or Choc Milk</p>	<p>3</p> <p>Spaghetti and Meat Sauce Tossed Garden Salad Bread Sticks Gingerbread Cake Chilled Fruit or Juice Lowfat White or Choc Milk</p>	<p>4</p> <p>Baked Potato and Chile Whole Kernel Corn Roll Fresh Fruit or Juice Lowfat White or Choc Milk</p>	<p>5</p> <p>Chicken Fajitas Pinto Beans Lettuce/Tomato/Salsa Fresh Fruit or Juice Chocolate Chip Cookie Lowfat White or Choc Milk</p>
<p>6</p> <p>Hamburger on a Bun Lettuce/Tomato/Pickle Tator Tots Chilled Fruit or Juice Lowfat White or Choc Milk</p>	<p>7</p> <p>Roast Turkey Mashed Potatoes & Gravy Mixed Vegetables Roll Chilled Fruit or Juice Lowfat White or Choc Milk</p>	<p>8</p> <p>Beef Burrito & Salsa Pinto Beans Spanish Rice Jello/Fresh Fruit or Fruit Juice Lowfat White or Choc Milk</p>	<p>9</p> <p>Lasagna Tossed Garden Salad Roll Fresh Fruit or Juice Lowfat White or Choc Milk</p>	<p>10</p> <p>Turkey & Cheese Hoagie Lettuce/Tomato/Pickle Pasta Salad Fresh Fruit or Juice Oatmeal Cookie Lowfat White or Choc Milk</p>
<p>11</p> <p>Hot Dogs on a Bun Pickle Relish Baked Beans Gingerbread Cake Lowfat White or Choc Milk</p>	<p>12</p> <p>Pizza Tossed Garden Salad Jello/Chilled Fruit or Juice Lowfat White or Choc Milk</p>	<p>13</p> <p>Beef Tacos Lettuce/Tomato/Salsa Pinto Beans Fresh Fruit or Juice Lowfat White or Choc Milk</p>	<p>14</p> <p>Beef & Vegetable Stew Bread Sticks Fresh Fruit or Juice Royal Brownie Lowfat White or Choc Milk</p>	<p>15</p> <p>Chicken Tetrizzini or Cheesy Chicken Supreme Green Beans Roll Fresh Fruit or Juice Lowfat White or Choc Milk</p>
<p>16</p> <p>Spaghetti and Meat Sauce Tossed Garden Salad Lowfat Ranch Dressing Roll Chilled Fruit or Juice Lowfat White or Choc Milk</p>	<p>17</p> <p>Taco Salad Pinto Beans Chilled Fruit or Juice Cherry Cobbler Lowfat White or Choc Milk</p>	<p>18</p> <p>Country Fried Steak Mashed Potatoes & Gravy Veggie Sticks Roll Lowfat White or Choc Milk</p>	<p>19</p> <p>Beef Stir-Fry Steamed Rice Roll Fresh Fruit or Juice Oatmeal Cookie Lowfat White or Choc Milk</p>	<p>20</p> <p>Deli Submarine Sandwich Lettuce/Tomato/Pickle Potato Salad Jello/Fresh Fruit or Juice Lowfat White or Choc Milk</p>

New Mexico Menus - Lunch Cycle, continued.

Monday	Tuesday	Wednesday	Thursday	Friday
21 Nachos Pinto Beans Lettuce and Tomato Chilled Fruit or Juice Lowfat White or Choc Milk	22 Chicken Nuggets w/Dip Tator Tots Roll Chilled Fruit or Juice Lowfat White or Choc Milk	23 Macaroni and Cheese Green Beans Roll Fresh Fruit or Juice Lowfat White or Choc Milk	24 Tuna Salad Sandwich Veggie Sticks & Dip Rice Pudding Lowfat White or Choc Milk	25 Sloppy Joe on a Bun Whole Kernel Corn Fresh Fruit or Juice Oatmeal Cookie Lowfat White or Choc Milk
26 Corn Chip Pie Whole Kernel Corn Tossed Garden Salad Lowfat Salad Dressing Chilled Fruit or Juice Lowfat White or Choc Milk	27 Baked Ham Baked Sweet Potatoes with Apples Roll Pineapple Upside Down Cake or Fresh Fruit or Juice Lowfat White or Choc Milk	28 Chicken Salad Sandwich Veggie Sticks & Dip Fresh Fruit or Juice or Peach Cobbler Lowfat White or Choc Milk	29 Red Chile Enchiladas Pinto Beans Cornbread Jello/Fresh Fruit or Juice Lowfat White or Choc Milk	30 Barbecued Chicken on a Bun Potato Wedges Fresh Fruit or Juice Royal Brownies Lowfat White or Choc Milk

Lunch Nutrient Analysis

Percent Calories from Fat / Sat. Fat	Calories	Protein Gm	Fat Gm	Saturated Fat Gm	Vitamin C Mg	Vitamin A IU	Iron Mg	Calcium Mg
Wk 1 29% / 9.7%	779.8	33.9	24.7	8.4	43.9	2499.8	6.7	424.0
Wk 2 29% / 11.6%	807.2	34.8	25.9	10.4	41.7	3071.1	6.3	533.8
Wk 3 30% / 11.3%	700.0	31.5	23.3	8.8	36.3	3035.2	5.3	490.3
Wk 4 28% / 10.3%	828.2	35.1	26.0	9.5	60.2	6264.9	6.3	445.2
Wk 5 30% / 11.0%	760.3	31.3	25.6	9.3	27.9	3157.3	4.7	492.7
Wk 6 28% / 9.4%	717.3	32.6	22.0	7.5	42.5	5453.9	5.1	472.1

LUNCH MENUS/NUTRIENT ANALYSES - WEEK 1

MONDAY	Fat Grams	TUESDAY	Fat Grams
Veggie Beef Soup	1.40	Chicken Nuggets	9.00
Turkey Ham Sandwich	6.90	Oven-ready Fries	4.30
Lettuce/Tomato/Pickle		Roll	4.00
Chilled Fruit or Juice		Fresh Fruit or Juice	
Oatmeal Cookie	9.60	Lowfat White or Chocolate Milk	5.00
Lowfat White or Chocolate Milk	5.00		
WEDNESDAY	Fat Grams	THURSDAY	Fat Grams
Spaghetti and Meat Sauce	11.40	Baked Potato and Chili	9.10
Tossed Garden Salad		Whole-kernel Corn	
Breadsticks	8.00	Roll	4.00
Gingerbread Cake	7.90	Fresh Fruit or Juice	
Chilled Fruit or Juice		Lowfat White or Chocolate Mile	5.00
Lowfat White or Chocolate Milk	5.00		
FRIDAY	Fat Grams	Constant Values for:	Fat Grams
Chicken Fajitas	8.50	Milk Types: Chocolate and White, Whole	8.00
Pinto Beans	0.30	2%	5.00
Lettuce/Tomato/Salsa		1%	2.50
Fresh Fruit or Juice		Skim	0.40
Chocolate Chip Cookie	6.80	Bread:	
Lowfat White or Chocolate Milk	5.00	2 oz	4.00
		4 oz	8.00

Weekly Averages

	Calories	Protein (gms.)	Fat %	Saturated Fat %	Vitamin C (gms.)	Vitamin A (IU)	Iron (mgs.)	Calcium (mgs.)
Target	705.70	11.30	30.00	10.00	15.60	1,276.70	3.70	311.30
Actual	779.80	33.90	29.00	8.40	43.90	2,499.80	6.70	424.00

Lunch Production, Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Veggie Beef Soup 1/2 cup USDA H-4A Turkey Ham Sandwich 2 oz roll USDA B-16 1 oz turkey ham lunch meat Lettuce/Tomato/Pickle 1 leaf, 1/4 cup slices, 4 slices dill Oatmeal Cookie 1 portion USDA C-10	Chicken Nuggets 2 oz ready-to-heat Oven-ready Fries 2 oz or 1/2 cup ready-to-heat Roll 2 oz roll USDA B-16	Spaghetti and Meat Sauce 3/4 cup USDA D-35 Tossed Salad with Lowfat Ranch Salad Dressing 1 portion USDA E-19 Breadsticks 2 oz stick USDA B-16 Gingerbread Cake 1 portion USDA C-23	Baked Potato 1/2 potato USDA I-17 Chili con Carne 1/2 cup USDA D-20 Whole-kernel Corn 1/4 cup canned or frozen Roll 2 oz stick USDA B-16	Chicken Fajitas 1 serving USDA D-40 Pinto Beans 1/3 cup boiled from dry or canned Salsa 1 oz commodity Lettuce and Tomato 1/4 cup chopped Chocolate Chip Cookie 1 cookie, New Mexico recipe
NOTES	NOTES	NOTES	NOTES	NOTES

Vegetable Beef Soup

Vegetable

Soups H-4

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken or beef stock	1 gal 3 1/2 qt	3 3/4 gal	1. Combine stock, tomatoes, celery, onions, pepper, parsley flakes, and garlic powder. Bring to boil. 2. Reduce heat and cover. Simmer for 20 minutes. 3. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.) 4. Cover and simmer for 15 minutes, or until vegetables are tender. 5. Pour into serving pans. 6. Portion with 8-oz ladle (1 cup).
Canned tomatoes, with liquid, chopped	6 lb 6 oz	1 No. 10 can ...	12 lb 12 oz	2 No. 10 cans..	
Fresh celery, chopped	10 oz	2 1/2 cups	1 lb 4 oz	1 qt 3/4 cup.....	
Dehydrated onions	3 oz	3/4 cup 2 Tbsp	6 oz	1 3/4 cups.....	
OR	OR	OR	OR			
Fresh onions, chopped	1 lb	2 3/4 cups	2 lb.....	1 qt 1 1/4 cups	
Black pepper	1 tsp	2 tsp.....	
Parsley flakes	1/4 cup	1/2 cup.....	
Garlic powder	2 Tbsp	1/4 cup.....	
Canned liquid pack whole-kernel corn, drained	1 lb 1 1/2 oz ..	1/4 No. 10 can	2 lb 3 oz	1/2 No 10 can	
OR	OR	OR	OR	OR		
Frozen whole-kernel corn	1 lb 1 1/2 oz ..	3 1/4 cups	2 lb 3 oz	1 qt 2 1/4 cups	
Canned diced carrots, drained	1 lb 2 oz	1/4 No. 10 can	2 lb 4 oz	1/2 No. 10 can	
OR	OR	OR	OR	OR		
Frozen sliced carrots	1 lb 6 oz	1 1/4 qt	2 lb 12 oz	2 1/2 qt	
Canned cut green beans, drained	15 oz	1/4 No. 10 can	1 lb 14 oz	1/2 No 10 can	
OR	OR	OR	OR	OR		
Frozen cut green beans	15 oz	3 1/2 cups	1 lb 14 oz	1 3/4 qt	
Canned green peas, drained ...	1 lb 1 1/2 oz ..	1/4 No. 10 can	2 lb 2 1/2 oz ...	1/2 No. 10 can	
OR	OR	OR	OR	OR		
Frozen green peas	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	

Serving: 1 cup (8-ounce ladle) provides 1/2 cup of vegetable.

Yield: 50 servings: about 3 1/4 gallons
100 servings: about 6 1/2 gallons

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
92.9	7.9	9.6	2.9	1.1	1,905.1	12.8	40.2	1.5	17.6	1,114.4	1.8

Rolls (Yeast)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Active dry yeast (see note) Water, warm (110 ° F)	1/3 cup 1 1/2 cups	3 1/4 oz	1/2 cup 2 Tbsp 3 cups	For best results, have all ingredients and utensils at room temperature. 1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
All-purpose or bread flour Noninstant, nonfat dry milk ... OR Instant nonfat dry milk Sugar Salt	3 lb 10 oz 3 1/2 oz OR 3 1/4 oz 5 3/4 oz	3 1/4 qt 2/3 cup OR 1 1/3 cups 3/4 cup 2 Tbsp 2 Tbsp	7 lb 4 oz 6 1/2 oz OR 6 1/2 oz 11 1/2 oz 2 1/2 oz	6 1/2 qt 1 1/3 cups OR 2 3/4 cups 1 1/2 cups 2 Tbsp 1/4 cup	2. Place all dry ingredients (flour, dry milk, sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.
Vegetable oil	3/4 cup 2 Tbsp	1 2/3 cups	3. Add oil and blend on low speed for approximately 2 minutes.
Water (68 ° F)	2 1/2 cups	1 1/4 qt	4. Add water. Mix on low speed for 1 minute. 5. Add dissolved yeast and mix on low speed for 2 minutes. 6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic. 7. Place dough in warm area (about 90 ° F) for 45-60 minutes. 8. Punch down dough to remove air bubbles. 9. Form rolls from dough by pinching off 2-oz pieces and shaping. Place rolls on lightly oiled sheet pans (18" x 26" x 1") in rows of 10 down and 5 across. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 10. Place in a warm area (about 90 ° F) until double in size, 30-50 minutes.

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Rolls (Continued)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						11. Bake until lightly browned: Conventional oven: 400 ° F for 18-20 minutes. Convection oven: 350 ° F for 12-14 minutes.
Butter or margarine, melted (optional)	1 Tbsp	2 Tbsp	12. Optional: Brush lightly with melted butter or margarine (approximately 1 Tbsp per pan) while warm.

Serving: 1 2-ounce roll provides 2 servings of bread.

Yield: 50 servings: about 50 2-ounce rolls
100 servings: about 100 2-ounce rolls

NOTE: To use high-activity (instant) yeast, follow directions below or manufacturer's instructions.

50 servings: Omit step 1. In step 2, add 1/4 cup high-activity (instant) yeast. Continue with step 3. In step 4, add 1 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

100 servings: Omit step 1. In step 2, add 2 1/2 oz (1/2 cup) high-activity (instant) yeast. Continue with step 3. In step 4, add 2 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
174	4.4	30	4	.6	.55	0.11	29.2	1.7	.55	287.7	1.1

Oatmeal Cookies

Ingredients	50 Servings		200 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Brown sugar, packed..... White sugar..... Butter..... Vegetable shortening..... Vanilla..... Eggs.....	3 lb..... 3 lb..... 1 lb..... 1 lb..... 2 Tbsp..... 16 large.....	1. Cream butter, shortening, vanilla and sugars well. 2. Add eggs and beat until smooth and fluffy.
Flour, all-purpose..... Baking powder..... Salt..... Baking soda..... Raisins..... Oatmeal.....	4 lb ½ cup..... 2 Tbsp..... 2 Tbsp..... 2 Tbsp..... 2 ½ lb..... 4 lb ½ cup.....	3. Mix flour, baking soda, baking powder and salt together well. 4. Add raisins and oatmeal and mix well. 5. Add milk and creamed mixture and mix well. 6. Portion with No. 60 scoop onto parchment-lined baking sheets. 7. To Bake: Conventional Oven 350°F, 12-15 minutes Convection Oven 325°F, 10 minutes

Serving Size: 1 cookie

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
180.5	3.1	31.2	5.2	1.9	87.3	0.2	26.4	1.2	20.3	149.3	1.4

Ranch Dressing

Salads and Salad Dressings E-19

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Buttermilk..... Lemon juice.....	3¼ cups..... 1 Tbsp 1 tsp....	1 qt 2½ cups... 2 Tbsp 2 tsp....	1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to rest for 10 minutes.
Plain lowfat yogurt..... Sour cream.....	10 oz..... 4 oz.....	1¼ cups..... ½ cup.....	1 lb 4 oz..... 8 oz.....	2½ cups..... 1 cup.....	2. Using a paddle attachment, blend in the yogurt and sour cream. Let mixture rest for 5 more minutes.
Lowfat mayonnaise..... Onion powder..... Garlic powder..... White pepper..... Dried chives..... Dried parsley..... Salt.....	13 oz.....	1⅔ cups..... 2 Tbsp..... 2 Tbsp..... ½ tsp..... 1 tsp..... 1 Tbsp..... 2 tsp.....	1 lb 10 oz.....	3⅓ cups..... 4 Tbsp..... 4 Tbsp..... 1 tsp..... 2 tsp..... 2 Tbsp..... 1 Tbsp 1 tsp....	3. Add rest of ingredients to mixture in mixing bowl. Mix on low speed for 2 to 3 minutes until blended. 4. Chill at least 12 hours before serving to allow to thicken.

Special Tip: Add an additional 8 oz of lowfat mayonnaise per 50 servings for an excellent vegetable dip.

Serving: 2 Tbsp (1 ounce ladle)

Yield: 50 servings: 3 lb 5 oz
100 servings: 6 lb 10 oz
Volume: 50 servings: 1 qt 2¼ cups
100 servings: 3 qt ½ cup

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
34	1	3	2.1	.7	39	1	33	.1	4	152	0

Chewy Bread Sticks

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Active dry yeast* (see note)....	1¼ oz.....	¼ cup.....	For best results, have all ingredients and utensils at room temperature.
Water, warm (90°F).....	16 oz.....	2 cups.....	1. Dissolve dry yeast in warm water. Let stand for 4 to 5 minutes. (For instant yeast, use 1 oz at step 2 and omit step 4.)
All-purpose or bread flour..... Cornmeal..... Non-instant, nonfat dry milk.... OR Instant nonfat dry milk..... Sugar..... Salt.....	6 lb 12 oz..... 12 oz..... 6 oz..... OR 6 oz..... 3 oz.....	6 qt 3 cups..... 1¼ cups..... OR 2½ cups..... ½ cup..... 2 Tbsp.....	2. Place all dry ingredients (flour, cornmeal, dry milk, sugar and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.
Water (70-75°F).....	3 lb.....	1½ qt.....	3. Add water and mix on low speed for 1 minute.
.....	4. Add dissolved yeast and mix on low speed for 2 minutes.
Shortening.....	3¼ oz.....	½ cup.....	5. Add shortening and mix on low speed for 2 minutes.
						6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.
						7. Place dough in warm area (about 90°F) for 45 to 60 minutes.

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Chewy Bread Sticks (Continued)

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						8. Punch down dough to remove air bubbles and let rest 15 minutes.
Cornmeal.....	¼ cup.....	9. Divide dough into four pieces, 3 lb 8 ounces each. Divide each dough piece into 25 breadsticks about 10-12 inches long, 25 per 18x26-inch pan (four pans). Place width-wise on lightly greased sheets sprinkled with cornmeal.
						10. Place sheet pans in a warm area (about 90°F) until dough doubles in size, 30-50 minutes or as time allows.
Water, as needed.....	11. Bake until brown: Conventional Oven 400°F, 5 minutes Convection Oven 350°F, 10-15 minutes.
						12. Cool.

*Note: To use high-activity (instant) yeast, follow step 2 directions or manufacturer's instructions. Continue with steps 7-12.

Serving: 1 breadstick provides 2 bread servings

Yield: 100 2-oz breadsticks

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
144	4.19	28	1.37	0.3		0.095	26.4	1.63	0.31	139	1.2

Gingerbread

Desserts C-23

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar.....	14 oz.....	1¾ cups.....	1 lb 12 oz.....	3½ cups.....	1. Combine dry ingredients in mixer bowl using a paddle attachment. Blend on low speed for 1 minute.
All-purpose flour.....	2 lb 4 oz.....	1 qt 2¾ cups...	4 lb 8 oz.....	3 qt 1½ cups...	
Baking soda.....	2 Tbsp.....	¼ cup.....	
Salt.....	1½ tsp.....	1 Tbsp.....	
Ground cinnamon.....	1 Tbsp.....	2 Tbsp.....	
Ground cloves.....	1 tsp.....	2 tsp.....	
Ground ginger.....	1 tsp.....	2 tsp.....	
Vegetable oil.....	1¾ cups.....	3½ cups.....	2. Mix vegetable oil, egg whites, hot water, and molasses in a bowl with a wire whip for 2 minutes or until blended. Slowly add the oil mixture to dry ingredients on low speed and mix for 1 minute or until blended. Scrape down the sides of the bowl. 3. Pour 1 gallon (8 lb. 12 oz) of batter into each lightly greased and floured 18" x 26" x 1" sheet pan. To Bake: Conventional Oven 350°F, 35 minutes Convection Oven 325°F, 25 minutes 4. Cut each cake 10 x 5 into 50 pieces.
Frozen egg whites, thawed.....	12 oz.....	1½ cups.....	1 lb 8 oz.....	3 cups.....	
OR						
Fresh large egg whites.....	10 each.....	20 each.....	
Hot water.....	3¾ cups.....	1 qt 3½ cups...	
Molasses.....	3½ cups.....	1 qt 3 cups.....	

(Continued on back)

- Special Tips:**
- 1) To make pouring easy, place bottles of molasses in hot water for 5 minutes before using.
 - 2) Serve with Whipped Topping (C-19), powdered sugar, or Orange Glaze (C-24).
 - 3) Cupcakes can be made for a special occasion. Using a No. 16 scoop (¾ cup), portion into greased or paper-lined muffin tins. Bake in a 375°F conventional oven for 15 to 20 minutes. One gallon of batter makes approximately 50 cupcakes.

Gingerbread (Continued)

Serving: 1 piece

Yield: 50 servings: 8 lb 2 oz
100 servings: 16 lb 4 oz

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
238	3	40	7.9	1.2	1	0	53	2.1	0	242	1

Chile Con Carne with Beans

Meat/Meat Alternate-Vegetable

Main Dishes D-20

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat).....	7 lb.....	14 lb.....	1. Brown ground beef. Drain. Rinse with hot water.
Dehydrated onions..... OR Fresh onions, chopped.....	2 oz..... OR 1 lb.....	½ cup 1 Tbsp OR 2⅔ cups..... 1 Tbsp 1½ tsp	4 oz..... OR 2 lb.....	1 cup 2 Tbsp.... OR 5⅓ cups..... 3 Tbsp.....	2. Add onions, garlic powder, green pepper (optional), pepper, and seasonings. Cook for 5 minutes.
Garlic powder.....	1 Tbsp 1½ tsp	3 cups..... 1 Tbsp 1 tsp....	
Green pepper, chopped (optional).....	8 oz.....	1½ cups.....	1 lb.....	
Black pepper.....	2 tsp.....	1 cup 2 Tbsp 2 Tbsp..... 2 Tbsp..... ¼ cup.....	
†Seasonings						
Chili powder.....	3 Tbsp.....	
Paprika.....	1 Tbsp.....	
Onion powder.....	1 Tbsp.....	
Ground cumin.....	2 Tbsp.....	2 oz.....	
Canned tomatoes, with liquid, chopped.....	3 lb 3 oz.....	½ No. 10 can	6 lb 6 oz.....	1 No. 10 can....	3. Stir in tomatoes, water, and tomato paste; mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.
Water.....	2¼ qt.....	1 gal 2 cups....	
Tomato paste.....	1 lb 12 oz.....	¼ No. 10 can	3 lb 8 oz.....	½ No. 10 can...	
Canned pinto or kidney beans, drained..... OR Cooked dry pinto or kidney beans (see preparation note).....	3 lb 6 oz..... OR 2 lb 1 oz.....	½ No. 10 can OR 1 qt 1½ cups...	6 lb 12 oz..... OR 4 lb 2 oz.....	1 No. 10 can.... OR 2¾ qt.....	4. Stir in beans. Cover and simmer about 10 minutes or until hot.
						5. Pour into serving pans.
Cheddar cheese, shredded (optional).....	1 lb 8 oz.....	1¾ qt.....	3 lb.....	3½ qt.....	6. Portion with 4-oz ladle (½ cup). Garnish with cheese (optional).

†Mexican Seasoning Mix (see G-1, Sauces, Gravies, and Seasoning Mixes)

may be used to replace these ingredients. For 50 servings, use ⅓ cup 1 Tbsp 2 tsp Mexican Seasoning Mix. For 100 servings, use ⅔ cup 2 Tbsp Mexican Seasoning Mix.

(Continued on back)

Chile Con Carne with Beans (Continued)

PREPARATION NOTE:

SOAKING BEANS

Overnight method: Add 1½ qt cold water to every lb of dry beans. Cover.

Quick-soak method: Boil 1½ qt cold water to every lb of dry beans. Pour beans in and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans. Boil gently with lid until tender, about 2 hours.

1 lb dry beans = about 2½ cups dry or 6½ cups cooked beans.

Serving: ½ cup (¾-ounce ladle) provides 2 ounces of cooked lean meat and ¾ cup of vegetable.

Nutrients Per Serving

Calories	Protein (grams)	Carbs (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
212	16	9.1	10		785	11.6	40	3.0	40	101	

Variation

a. Chile Con Carne Without Beans

50 servings: In step 1, use 8 lb 10 oz raw ground beef. Continue with steps 2 and 3. In step 4, omit pinto or kidney beans. Continue with steps 5 and 6.

100 servings: In step 1, use 17 lb 4 oz raw ground beef. Continue with steps 2 and 3. In step 4, omit pinto or kidney beans. Continue with steps 5 and 6.

Yield: 50 servings: about 1½ gallons
100 servings: about 3 gallons

Rolls (Yeast)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Active dry yeast (see note) Water, warm (110 ° F)	1/3 cup 1 1/2 cups	3 1/4 oz	1/2 cup 2 Tbsp 3 cups	For best results, have all ingredients and utensils at room temperature. 1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
All-purpose or bread flour Noninstant, nonfat dry milk ... OR Instant nonfat dry milk Sugar Salt	3 lb 10 oz 3 1/2 oz OR 3 1/4 oz 5 3/4 oz	3 1/4 qt 2/3 cup OR 1 1/3 cups 3/4 cup 2 Tbsp 2 Tbsp	7 lb 4 oz 6 1/2 oz OR 6 1/2 oz 11 1/2 oz 2 1/2 oz	6 1/2 qt 1 1/3 cups OR 2 3/4 cups 1 1/2 cups 2 Tbsp 1/4 cup	2. Place all dry ingredients (flour, dry milk, sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.
Vegetable oil	3/4 cup 2 Tbsp	1 2/3 cups	3. Add oil and blend on low speed for approximately 2 minutes.
Water (68 ° F)	2 1/2 cups	1 1/4 qt	4. Add water. Mix on low speed for 1 minute. 5. Add dissolved yeast and mix on low speed for 2 minutes. 6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic. 7. Place dough in warm area (about 90 ° F) for 45-60 minutes. 8. Punch down dough to remove air bubbles. 9. Form rolls from dough by pinching off 2-oz pieces and shaping. Place rolls on lightly oiled sheet pans (18" x 26" x 1") in rows of 10 down and 5 across. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 10. Place in a warm area (about 90 ° F) until double in size, 30-50 minutes.

(Continued on back)

Rolls (Continued)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						11. Bake until lightly browned: Conventional oven: 400 ° F for 18-20 minutes. Convection oven: 350 ° F for 12-14 minutes.
Butter or margarine, melted (optional)	1 Tbsp	2 Tbsp	12. Optional: Brush lightly with melted butter or margarine (approximately 1 Tbsp per pan) while warm.

Serving: 1 2-ounce roll provides 2 servings of bread.

Yield: 50 servings: about 50 2-ounce rolls
100 servings: about 100 2-ounce rolls

NOTE: To use high-activity (instant) yeast, follow directions below or manufacturer's instructions.

50 servings: Omit step 1. In step 2, add 1/4 cup high-activity (instant) yeast. Continue with step 3. In step 4, add 1 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

100 servings: Omit step 1. In step 2, add 2 1/2 oz (1/2 cup) high-activity (instant) yeast. Continue with step 3. In step 4, add 2 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
174	4.4	30	4	.6	.55	0.11	29.2	1.7	.55	287.7	1.1

Chicken Fajitas

Meat • Vegetable • Grains/Breads

Main Dishes D-40

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Marinade: Vegetable stock, non-MSG..... Cornstarch.....	2 cups..... ¼ cup.....	1 qt..... ½ cup.....	1. Dissolve the cornstarch in the vegetable stock. 2. Heat over medium heat until thickened. Cool.
Vegetable oil.....	2 cups.....	1 qt.....	3. Add the oil to the cooled, thickened stock mixture.
White vinegar..... Sugar..... White pepper..... Garlic powder..... Chili powder..... Ground cumin..... Dried oregano leaves..... 12 oz.....	2 cups..... 1½ cups..... 1 Tbsp 1 tsp.... 1 Tbsp 1 tsp.... 2 Tbsp..... 1¼ tsp..... 2 tsp..... 1 lb 8 oz.....	1 qt..... 3 cups..... 2 Tbsp 2 tsp.... 2 Tbsp 2 tsp.... ¼ cup..... 2½ tsp..... 1 Tbsp 1 tsp....	4. Combine the white vinegar, sugar, white pepper, garlic powder, chile powder, cumin, and oregano in a bowl. Whisk into the stock mixture.
Raw, boned, skinless chicken breasts, ½" slices.....	9 lb.....	18 lb.....	5. Pour marinade over the sliced chicken. Marinate overnight in the refrigerator. 6. Drain the chicken, reserving the marinade. 7. Preheat grill to 350°F. For each batch of fajitas, pour 2 cups of the marinade on the heated grill. Add 9 lb of the sliced chicken and saute about 10 minutes, until no signs of pink remain. Remove to steam table pan.
Canned corn, drained..... OR Frozen corn..... Onions, diced..... Fresh green peppers, diced..... Canned tomatoes, drained, chopped..... Canned salsa.....	2 lb 4 oz..... 2 lb 4 oz..... 12 oz..... 8 oz..... 1 lb..... 1 lb.....	½ No. 10 can 2¼ cups..... 1⅔ cups..... ¼ No. 10 can	4 lb 8 oz..... 4 lb 8 oz..... 1 lb 8 oz..... 1 lb..... 2 lb..... 2 lb.....	1 No. 10 can.... 1 qt ½ cup..... 3⅓ cups..... ½ No. 10 can	8. Combine corn, onions, green peppers, canned tomatoes, and salsa in pot. Cook 5 lb 8 oz (3 qt) of this mixture over low heat until vegetables are heated thoroughly, about 5 minutes. Add to cooked chicken.
Flour tortillas, 7-inch.....	50 each.....	100 each.....	9. For each serving, place ½ cup (3½ oz) of filling on each tortilla. If desired, fold or roll tortilla over filling. Serve warm.

(Continued on back)

Chicken Fajitas (Continued)

- Special Tips:**
- 1) If a grill is not available, a steam-jacketed kettle may be used to saute the chicken.
 - 2) Lowfat sour cream (1 Tbsp per serving) and salsa (2 Tbsp per serving) make excellent garnishes.
 - 3) This makes an attractive lunch plate when served with Refried Beans (I-15).

Serving Size: 1 fajita
provides 2 ounces of cooked poultry,
1/8 cup of vegetable, and 1 serving of
grains/breads

Yield: 50 servings: 12 ob 4 oz (filling)
100 servings: 24 lb 8 oz (filling)

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
306	23	33	8.9	1.5	261	8	68	2.3	47	379	2

Chocolate Chip Cookies

Ingredients	250 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Butter Applesauce Brown Sugar, packed Powdered sugar	1½ lbs 3 lbs..... 2 lbs..... 2¾ cups.....	1. In mixer, cream butter, shortening, brown and white sugars until fluffy. Add applesauce and mix until creamy.
Eggs Vanilla	8 ½ cup.....	2. Add eggs and vanilla and mix well.
Flour, all purpose..... Baking Soda..... Salt.....	6½ lbs..... 1½ Tbsp..... ¼ cup.....	3. Add flour, baking soda and salt. Mix well.
Chocolate Chips.....	2 lbs.....	4. Stir in chocolate chips. 5. Portion with No. 40 scoop. 6. To Bake: Conventional Oven 350°F, 12 minutes Convection Oven 350°F, 8-10 minutes

Serving Size: 1 cookie

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
117.9	1.6	20.8	3.3	1.9	85	0	9.1	0.8	12.1	314.1	0.6

LUNCH MENUS/NUTRIENT ANALYSES - WEEK 2

MONDAY	Fat Grams	TUESDAY	Fat Grams
Hamburger on a Bun	17.00	Roast Turkey	5.50
Lettuce/Tomato/Pickle		Mashed Potatoes and Gravy	6.10
Tator Tots	3.30	Mixed Vegetables	
Chilled Fruit or Juice		Roll	4.00
Lowfat White or Chocolate Milk	5.00	Chilled Fruit or Juice	
		Lowfat White or Chocolate Milk	5.00
WEDNESDAY	Fat Grams	THURSDAY	Fat Grams
Beef Burrito and Salsa	19.00	Lasagna	12.40
Pinto Beans	0.30	Tossed Garden Salad	
Spanish Rice	0.90	Roll	4.00
Jello/Fresh Fruit or Fruit Juice		Fresh Fruit or Juice	
Lowfat White or Chocolate Milk	5.00	Lowfat White or Chocolate Milk	5.00
FRIDAY	Fat Grams	Constant Values for:	Fat Grams
Turkey and Cheese Hoagie	14.60	Milk Types: Chocolate and White, Whole	8.00
Lettuce/Tomato/Pickle		2%	5.00
Pasta Salad	6.90	1%	2.50
Fresh Fruit or Juice		Skim	0.40
Oatmeal Cookie	10.00	Bread:	
Lowfat White or Chocolate Milk	5.00	2 oz	4.00
		4 oz	8.00

Weekly Averages

	Calories	Protein (gms.)	Fat %	Saturated Fat %	Vitamin C (gms.)	Vitamin A (IU)	Iron (mgs.)	Calcium (mgs.)
Target	705.70	11.30	30.00	10.00	15.60	1,276.70	3.70	311.30
Actual	807.20	34.80	25.90	10.40	41.70	3,071.10	6.30	533.80

Lunch Production, Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Hamburger on a Bun 2 oz all-beef patty 4 oz bun USDA B-16</p> <p>Lettuce/Tomato/Pickle 1 leaf, 1/4 cup slices, 4 slices dill</p> <p>Tator Tots 5 tots or 1/4 cup</p>	<p>Roast Turkey 2 oz meat and skin, cooked</p> <p>Mashed Potatoes 1 portion USDA I-5</p> <p>Gravy New Mexico recipe</p> <p>Mixed Vegetables 1/4 cup canned or frozen</p> <p>Roll 2 oz roll USDA B-16</p>	<p>Beef Burrito 1 USDA D-12</p> <p>Salsa 2 oz USDA commodity</p> <p>Pinto Beans 1/3 cup boiled from dried or canned</p> <p>Spanish Rice 1/4 cup USDA B-17</p> <p>Jello, any flavor 1 portion USDA C-11, alone or mixed with fruit serving for the day</p>	<p>Lasagna 1 portion USDA D-25</p> <p>Tossed Garden Salad</p> <p>Roll 2 oz roll USDA B-16</p>	<p>Turkey/Cheese Hoagie 2 oz USDA commodity turkey roll 1 oz USDA commodity Mozzarella cheese 4 oz USDA B-16</p> <p>Lettuce/Tomato/Pickle 1 leaf, 1/4 cup slices, 4 slices dill</p> <p>Pasta Salad 1 portion USDA E-8A</p> <p>Oatmeal Cookie 1 cookie USDA C-25</p>
NOTES	NOTES	NOTES	NOTES	NOTES

Rolls (Yeast)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Active dry yeast (see note) Water, warm (110 ° F)	1/3 cup 1 1/2 cups	3 1/4 oz	1/2 cup 2 Tbsp 3 cups	For best results, have all ingredients and utensils at room temperature. 1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
All-purpose or bread flour Noninstant, nonfat dry milk ... OR Instant nonfat dry milk Sugar Salt	3 lb 10 oz 3 1/2 oz OR 3 1/4 oz 5 3/4 oz	3 1/4 qt 2/3 cup OR 1 1/3 cups 3/4 cup 2 Tbsp 2 Tbsp	7 lb 4 oz 6 1/2 oz OR 6 1/2 oz 11 1/2 oz 2 1/2 oz	6 1/2 qt 1 1/3 cups OR 2 3/4 cups 1 1/2 cups 2 Tbsp 1/4 cup	2. Place all dry ingredients (flour, dry milk, sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.
Vegetable oil	3/4 cup 2 Tbsp	1 2/3 cups	3. Add oil and blend on low speed for approximately 2 minutes.
Water (68 ° F)	2 1/2 cups	1 1/4 qt	4. Add water. Mix on low speed for 1 minute. 5. Add dissolved yeast and mix on low speed for 2 minutes. 6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic. 7. Place dough in warm area (about 90 ° F) for 45-60 minutes. 8. Punch down dough to remove air bubbles. 9. Form rolls from dough by pinching off 2-oz pieces and shaping. Place rolls on lightly oiled sheet pans (18" x 26" x 1") in rows of 10 down and 5 across. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 10. Place in a warm area (about 90 ° F) until double in size, 30-50 minutes.

(Continued on back)

Rolls (Continued)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						11. Bake until lightly browned: Conventional oven: 400 ° F for 18-20 minutes. Convection oven: 350 ° F for 12-14 minutes.
Butter or margarine, melted (optional)	1 Tbsp	2 Tbsp	12. Optional: Brush lightly with melted butter or margarine (approximately 1 Tbsp per pan) while warm.

Serving: 1 2-ounce roll provides 2 servings of bread.

Yield: 50 servings: about 50 2-ounce rolls
100 servings: about 100 2-ounce rolls

NOTE: To use high-activity (instant) yeast, follow directions below or manufacturer's instructions.

50 servings: Omit step 1. In step 2, add 1/4 cup high-activity (instant) yeast. Continue with step 3. In step 4, add 1 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

100 servings: Omit step 1. In step 2, add 2 1/2 oz (1/2 cup) high-activity (instant) yeast. Continue with step 3. In step 4, add 2 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
174	4.4	30	4	.6	.55	0.11	29.2	1.7	.55	287.7	1.1

Preparing Instant Mashed Potatoes

Vegetables I-5

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
POTATO FLAKES:						1. Pour liquids into large bowl.
Boiling water.....	1 gal 2 cups.....	2¼ gal.....	
Reconstituted warm nonfat dry milk.....	1½ cups.....	3 qt.....	
Potato flakes.....	2 lb 1 oz.....	4 lb 2 oz.....	2. Add instant potato flakes, butter or margarine, and salt to liquids.
Butter or margarine.....	6 oz.....	¾ cup.....	12 oz.....	1½ cups.....	
Salt.....	1 Tbsp.....	2 Tbsp.....	
						3. Stir ½ minute to moisten potatoes. Stir an additional ½ minute to fluff. Avoid overmixing. (Use of mixer is not recommended.)
						4. Serve.
POTATO GRANULES:						1. Pour liquids into mixer bowl.
Boiling water.....	3½ qt.....	1¾ gal.....	
Reconstituted warm nonfat dry milk.....	1 qt ¾ cups.....	2 qt 1½ cups...	
Potato granules.....	2 lb 1 oz.....	4 lb 2 oz.....	2. Add instant potato granules, butter or margarine, and salt to liquids.
Butter or margarine.....	6 oz.....	¾ cup.....	12 oz.....	1½ cups.....	
Salt.....	1 Tbsp.....	2 Tbsp.....	
						3. Mix ½ minute to moisten potatoes. Beat an additional 1 minute until fluffy. (Use of mixer is recommended.)
						4. Serve.

NOTE: Since the starch content of potatoes can differ, adjustment of the liquid may be necessary. Increase or decrease the quantity of liquid as needed for a fluffy product.

Serving: ¾ cup (No. 8 scoop) provides ¾ cup vegetable.

*Yield: 50 servings: about 1½ gallons
100 servings: about 3 gallons*

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
101.4	2.7	16.7	2.9	1.7	104.1	15.8	45.2	.25	8.2	206.9	1.2

Low-fat Gravy

Ingredients	50 Servings		256 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Water or broth..... Beef base..... Chicken base..... Browning & seasoning sauce (Kitchen Bouquet).....	3 gal..... 1 cup..... ½ cup..... ⅓ cup.....	1. Heat water or broth to boiling. 2. Add the bases and sauce.
Flour, all purpose..... Cold water.....	3 lbs.....	12 cups..... 1 gal.....	3. Mix the flour and cold water. 4. Stir flour mixture slowly into broth mixture and let come to a boil. 5. Strain to remove lumps if necessary.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
19.7	0.6	4.1	0.1	0	0.4	0	2.4	0.3	0	13.4	0.1

Rolls (Yeast)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Active dry yeast (see note) Water, warm (110 ° F)	1/3 cup 1 1/2 cups	3 1/4 oz	1/2 cup 2 Tbsp 3 cups	For best results, have all ingredients and utensils at room temperature. 1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
All-purpose or bread flour Noninstant, nonfat dry milk ... OR Instant nonfat dry milk Sugar Salt	3 lb 10 oz 3 1/2 oz OR 3 1/4 oz 5 3/4 oz	3 1/4 qt 2/3 cup OR 1 1/3 cups 3/4 cup 2 Tbsp 2 Tbsp	7 lb 4 oz 6 1/2 oz OR 6 1/2 oz 11 1/2 oz 2 1/2 oz	6 1/2 qt 1 1/3 cups OR 2 3/4 cups 1 1/2 cups 2 Tbsp 1/4 cup	2. Place all dry ingredients (flour, dry milk, sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.
Vegetable oil	3/4 cup 2 Tbsp	1 2/3 cups	3. Add oil and blend on low speed for approximately 2 minutes.
Water (68 ° F)	2 1/2 cups	1 1/4 qt	4. Add water. Mix on low speed for 1 minute. 5. Add dissolved yeast and mix on low speed for 2 minutes. 6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic. 7. Place dough in warm area (about 90 ° F) for 45-60 minutes. 8. Punch down dough to remove air bubbles. 9. Form rolls from dough by pinching off 2-oz pieces and shaping. Place rolls on lightly oiled sheet pans (18" x 26" x 1") in rows of 10 down and 5 across. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 10. Place in a warm area (about 90 ° F) until double in size, 30-50 minutes.

(Continued on back)

Rolls (Continued)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						11. Bake until lightly browned: Conventional oven: 400 ° F for 18-20 minutes. Convection oven: 350 ° F for 12-14 minutes.
Butter or margarine, melted (optional)	1 Tbsp	2 Tbsp	12. Optional: Brush lightly with melted butter or margarine (approximately 1 Tbsp per pan) while warm.

Serving: 1 2-ounce roll provides 2 servings of bread.

Yield: 50 servings: about 50 2-ounce rolls
100 servings: about 100 2-ounce rolls

NOTE: To use high-activity (instant) yeast, follow directions below or manufacturer's instructions.

50 servings: Omit step 1. In step 2, add 1/4 cup high-activity (instant) yeast. Continue with step 3. In step 4, add 1 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

100 servings: Omit step 1. In step 2, add 2 1/2 oz (1/2 cup) high-activity (instant) yeast. Continue with step 3. In step 4, add 2 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
174	4.4	30	4	.6	.55	0.11	29.2	1.7	.55	287.7	1.1

Beef or Pork Burrito

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes D-12

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef..... (no more than 24% fat) OR Raw ground pork..... (no more than 24% fat)	4 lb 5 oz..... OR 4 lb 5 oz.....	8 lb 10 oz..... OR 8 lb 10 oz.....	1. Brown ground beef or pork. Drain and rinse.
Dehydrated onions..... OR Fresh onions, chopped..... Garlic powder..... Black pepper..... Tomato paste..... Water..... †Seasonings Chili powder..... Ground cumin..... Paprika..... Onion powder..... 5 oz..... 1 lb 12 oz.....	¼ cup 2 tsp..... OR ¾ cup 2 Tbsp 1 Tbsp..... 2 tsp..... ¼ No. 10 can 1½ qt..... 3 Tbsp..... 2 Tbsp..... 1 Tbsp..... 1 Tbsp.....	2 oz..... OR 10 oz..... 3 lb 8 oz.....	½ cup 1 Tbsp OR 1⅓ cups..... 2 Tbsp..... 1 Tbsp 1 tsp.... ½ No. 10 can 3 qt..... ¼ cup 2 Tbsp ¼ cup..... 2 Tbsp..... 2 Tbsp.....	2. Add onions, garlic powder, pepper, tomato paste, water, and seasonings. Blend well. Simmer for 30 minutes.
Cheddar cheese, shredded	3 lb 3 oz.....	3 qt 2½ cups...	6 lb 6 oz.....	1 gal 3¼ qt.....	3. Combine shredded cheese with meat mixture.
Flour tortillas..... (at least 1.1 oz each)	50.....	100.....	4. Steam tortillas for 3 minutes or until warm.
						5. Portion meat mixture with No. 12 scoop (⅓ cup) onto each tortilla. Fold around meat envelope style.
						6. Place folded burritos seam side down on lightly oiled sheet pans (18"x26"x1"), 33-35 burritos per pan.
						7. To Bake: Conventional Oven 375°, 15 minutes Convection Oven 325°F, 15 minutes

(Continued on back)

Beef or Pork Burrito (Continued)

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Cheddar cheese, shredded (optional).....	13 oz.....	3¾ cups.....	1 lb 10 oz.....	1 qt 3½ cups...	8. Sprinkle shredded cheese (optional) evenly over burritos before serving.

†Mexican Seasoning Mix (see G-1, Sauces, gravies, and seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 3 Tbsp Mexican seasoning Mix. For 100 servings, use ¾ cup 2 Tbsp Mexican Seasoning Mix.

Variations

a. Bean Burrito

.....

50 servings: Omit step 1. In step 2, use 1 qt water. Simmer tomato mixture 15 minutes. In step 3, in place of meat, use 4 lb 10 oz (3 qt ¾ cup) cooked dry pinto beans (see preparation note) or 1½ No. 10 cans drained pinto beans. Puree beans to a smooth consistency. Continue with steps 4–8.

100 servings: Omit step 1. In step 2, use 2 qt water. Simmer tomato mixture 15 minutes. In step 3, in place of meat, use 9 lb 4 oz (1 gal 2¼ qt) cooked dry pinto beans (see preparation note) or 2½ No. 10 cans drained pinto beans. Puree to a smooth consistency. Continue with steps 4–8.

Serving: 1 burrito provides the equivalent of 2 ounces of cooked lean Meat, ¼ cup of vegetable, and 1 serving of bread alternate.

PREPARATION NOTE:

SOAKING BEANS

Overnight method: Add 1½ qt cold water to every lb of dry beans. Cover. Let stand overnight in refrigerator.

Quick-soak method: Boil 1½ qt water for each lb of dry beans. Pour beans in and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

1 lb dry beans = about 2¼ cups dry or 6¼ cups cooked beans.

Yield: 50 servings: 50 Burritos, 1½ sheet pans
100 servings: 100 Burritos, 3 sheet pans

Nutrients Per Serving

Calories	Protein (grams)	Carbs (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
323.6	17.9	23.9	17.4	8.5	939.3	7.6	267.2	2.7	55	383.8	2.1

Spanish Rice

Vegetable-Bread Alternate

Bread and Cereal Products B-17

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil..... Dehydrated onions..... OR Fresh onions, chopped..... Green pepper, chopped..... 7 1/2 oz..... 5 1/4 oz.....	2 Tbsp..... 1/4 cup..... OR 1 1/4 cups..... 1 cup..... 15 oz 10 1/2 oz	1/4 cup 1/2 cup OR 2 1/2 cups 2 cups	1. Heat oil. Add onions and green pepper. Cook for 5 minutes.
Beef stock or water..... Canned tomatoes, with liquid, chopped..... Tomato paste..... †Seasonings Chile powder..... Ground cumin..... Paprika..... Onion powder..... 1 lb 3 oz 7 oz	1 qt 3 1/2 cups 2 1/4 cups 3/4 cup 1 Tbsp 2 1/4 tsp 3/4 tsp 3/4 tsp 2 lb 6 1/2 oz .. 14 oz	3 3/4 qt 1 qt 1/2 cup 1 1/2 cups 2 Tbsp 1 Tbsp 1 1/2 tsp 1 1/2 tsp 1 1/2 tsp	2. Add beef stock or water, tomatoes, tomato paste, and seasonings. Bring to boil.
White rice	1 lb 7 1/2 oz ...	3 1/2 cups	2 lb 15 oz	1 3/4 qt	3. Stir in rice. Return to boil. Reduce heat and cover tightly. Cook over low heat for 20-30 minutes or until rice is tender. 4. Pour into serving pans. 5. Portion with No. 16 scoop (1/4 cup).

Serving: 1/4 cup (No. 16 scoop) provides 1/8 cup of vegetable and 1/2 serving of bread alternate.

Yield: 50 servings: about 3 quarts
100 servings: about 1 1/2 gallons

†Mexican Seasoning Mix (see G-1, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use 2 Tbsp 1 tsp Mexican Seasoning Mix. For 100 servings, use 1/4 cup 1 1/2 tsp Mexican Seasoning Mix.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
65	1.5	12.8	.86	.17	256.9	6.0	12.2	0.85	0	227.4	.64

Lasagna with Ground Beef

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes D-25

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat)..... Dehydrated onions..... OR Fresh onions, chopped..... Garlic powder.....	3 lb 4 oz..... 6 oz..... OR 3 lb..... 1¾ cups..... OR 2 qt..... 2 Tbsp.....	6 lb 8 oz..... 12 oz..... OR 6 lb..... 3½ cups..... OR 1 gal..... ¼ cup.....	1. Brown ground beef. Drain. Add onions and garlic powder. Cook for 5 minutes.
Black pepper..... Parsley flakes..... Canned tomatoes, with liquid, chopped..... Tomato paste..... Water..... †Seasonings Flaked basil..... Flaked oregano..... Flaked marjoram..... Flaked thyme..... 4 lb 4 oz..... 1 lb 12 oz.....	1 tsp..... ¼ cup..... ⅔ No. 10 can ¼ No. 10 can 3 qt..... 3 Tbsp..... 3 Tbsp..... 1 Tbsp..... 1 tsp..... 8 lb 8 oz..... 3 lb 8 oz.....	2 tsp..... ½ cup..... 1⅓ No. 10 cans ½ No. 10 can 1½ gal..... ¼ cup 2 Tbsp ¼ cup 2 Tbsp 2 Tbsp..... 2 tsp.....	2. Add pepper, parsley flakes, canned tomatoes, tomato paste, water, and seasonings. Heat to boiling, uncovered. Remove from heat.
Lasagna noodles, uncooked..... Process American cheese, shredded..... Mozzarella cheese, shredded.....	2 lb 2 oz..... 1 lb 9 oz..... 2 lb 6 oz..... 1 qt 2¾ cups... 2 qt 1½ cups...	4 lb 4 oz..... 3 lb 2 oz..... 4 lb 12 oz..... 3 qt 1½ cups... 1 gal 3 cups.....	3. Assemble ingredients as follows: For 50 servings, use 2 steam table pans (12"x20"x2½"). For 100 servings, use 4 steam table pans (12"x20"x2½"). 1st layer—1 qt ½ cup sauce 2nd layer—10 uncooked noodles lengthwise 3rd layer—1 qt ½ cup sauce 4th layer—6½ oz process American cheese (1¾ cups) and 10 oz mozzarella cheese (2½ cups) 5th layer—10 uncooked noodles crosswise 6th layer—1 qt ¾ cup sauce 7th layer—6 oz process American cheese (1½ cups 2 Tbsp) and 9 oz mozzarella cheese (2½ cups)

(Continued on back)

Lasagna with Ground Beef (Continued)

Main Dishes D-25

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						4. Tightly cover pans. 5. To Bake: Conventional Oven 350°F, 1¼-1½ hours Convection Oven 325°F, 45 minutes 6. Remove pans from oven. Uncover. Let stand for 15 minutes before serving. 7. Cut each pan 5x5 (25 pieces per pan).

†Italian seasoning Mix (see G-1, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 3 Tbsp 1 tsp Italian Seasoning Mix. For 100 servings, use ¾ cup 2 Tbsp 2 tsp Italian Seasoning Mix.

Serving: 1 piece provides the equivalent of 2 ounces of cooked lean meat, ⅜ cup of vegetable, and ¾ serving of bread alternate.

Yield: 50 servings: 2 steam table pans
100 servings: 4 steam table pans

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
270.6	17.4	23.4	12.3	6.6	993.2	15.5	270.6	2.5	44.5	397	2.1

Rolls (Yeast)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Active dry yeast (see note) Water, warm (110 ° F)	1/3 cup 1 1/2 cups	3 1/4 oz	1/2 cup 2 Tbsp 3 cups	For best results, have all ingredients and utensils at room temperature. 1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
All-purpose or bread flour Noninstant, nonfat dry milk ... OR Instant nonfat dry milk Sugar Salt	3 lb 10 oz 3 1/2 oz OR 3 1/4 oz 5 3/4 oz	3 1/4 qt 2/3 cup OR 1 1/3 cups 3/4 cup 2 Tbsp 2 Tbsp	7 lb 4 oz 6 1/2 oz OR 6 1/2 oz 11 1/2 oz 2 1/2 oz	6 1/2 qt 1 1/3 cups OR 2 3/4 cups 1 1/2 cups 2 Tbsp 1/4 cup	2. Place all dry ingredients (flour, dry milk, sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.
Vegetable oil	3/4 cup 2 Tbsp	1 2/3 cups	3. Add oil and blend on low speed for approximately 2 minutes.
Water (68 ° F)	2 1/2 cups	1 1/4 qt	4. Add water. Mix on low speed for 1 minute. 5. Add dissolved yeast and mix on low speed for 2 minutes. 6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic. 7. Place dough in warm area (about 90 ° F) for 45-60 minutes. 8. Punch down dough to remove air bubbles. 9. Form rolls from dough by pinching off 2-oz pieces and shaping. Place rolls on lightly oiled sheet pans (18" x 26" x 1") in rows of 10 down and 5 across. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 10. Place in a warm area (about 90 ° F) until double in size, 30-50 minutes.

(Continued on back)

Rolls (Continued)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						11. Bake until lightly browned: Conventional oven: 400 ° F for 18-20 minutes. Convection oven: 350 ° F for 12-14 minutes.
Butter or margarine, melted (optional)	1 Tbsp	2 Tbsp	12. Optional: Brush lightly with melted butter or margarine (approximately 1 Tbsp per pan) while warm.

Serving: 1 2-ounce roll provides 2 servings of bread.

Yield: 50 servings: about 50 2-ounce rolls
100 servings: about 100 2-ounce rolls

NOTE: To use high-activity (instant) yeast, follow directions below or manufacturer's instructions.

50 servings: Omit step 1. In step 2, add 1/4 cup high-activity (instant) yeast. Continue with step 3. In step 4, add 1 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

100 servings: Omit step 1. In step 2, add 2 1/2 oz (1/2 cup) high-activity (instant) yeast. Continue with step 3. In step 4, add 2 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
174	4.4	30	4	.6	.55	0.11	29.2	1.7	.55	287.7	1.1

Pasta Salad

Vegetable-Bread Alternate

Salads and Salad Dressings E-8

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Water..... Salt.....	1¼ gal..... 2 Tbsp.....	2½ gal..... ¼ cup.....	1. Heat water to rolling boil. Add salt.
Pasta spirals or shells.....	1 lb 8 oz.....	2 qt.....	3 lb.....	1 gal.....	2. Slowly add pasta spirals or shells while stirring constantly until water boils again. Cook for 8-10 minutes. DO NOT OVERCOOK. Drain well.
Frozen mixed vegetables, thawed and drained..... OR Canned mixed vegetables, drained..... Frozen chopped broccoli, thawed and drained..... Black or white pepper..... Italian Dressing (see E-15).....	2 lb..... OR 1 lb 10 oz..... 1 lb 6 oz.....	1¼ qt..... OR 1 qt ½ cup..... 3¼ cups..... 1 tsp..... 2 cups.....	4 lb..... OR 3 lb 5 oz..... 2 lb 12 oz.....	2½ qt..... OR ¾ No. 10 can... 1 qt 2¾ cups... 2 tsp..... 1 qt.....	3. Add mixed vegetables, broccoli, and pepper. Shake dressing. Pour over pasta and vegetables. Toss lightly to combine and coat evenly.
						4. Cover. Refrigerate until ready to serve. 5. Mix lightly before serving. 6. Portion with No. 10 scoop (¾ cup).

Serving: ¾ cup (No. 10 scoop) provides ¼ cup of vegetable and ½ serving of bread alternate.

Yield: 50 servings: about 1¼ gallons
100 servings: about 2½ gallons

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
126.3	2.7	14	6.9	1.0	1180.4	9.4	15.4	0.83	0	83.2	1.8

Oatmeal Cookies

Ingredients	50 Servings		200 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Brown sugar, packed..... White sugar..... Butter..... Vegetable shortening..... Vanilla..... Eggs.....	3 lb..... 3 lb..... 1 lb..... 1 lb..... 2 Tbsp..... 16 large.....	1. Cream butter, shortening, vanilla and sugars well. 2. Add eggs and beat until smooth and fluffy.
Flour, all-purpose..... Baking powder..... Salt..... Baking soda..... Raisins..... Oatmeal.....	4 lb ½ cup..... 2 Tbsp..... 2 Tbsp..... 2 Tbsp..... 2½ lb..... 4 lb ½ cup.....	3. Mix flour, baking soda, baking powder and salt together well. 4. Add raisins and oatmeal and mix well. 5. Add milk and creamed mixture and mix well. 6. Portion with No. 60 scoop onto parchment-lined baking sheets. 7. To Bake: Conventional Oven 350°F, 12-15 minutes Convection Oven 325°F, 10 minutes

Serving Size: 1 cookie

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
180.5	3.1	31.2	5.2	1.9	87.3	0.2	26.4	1.2	20.3	149.3	1.4

LUNCHMENUS/NUTRIENT ANALYSES - WEEK 3

MONDAY	Fat Grams	TUESDAY	Fat Grams
Hot Dogs on a Bun	12.00	Pizza	11.90
Pickle Relish		Tossed Garden Salad/Dressing	2.10
Baked Beans	0.80	Jello/chilled Fruit or Fruit Juice	
Gingerbread Cake	7.90	Lowfat White or Chocolate Milk	5.00
Lowfat White or Chocolate Milk	5.00		
WEDNESDAY	Fat Grams	THURSDAY	Fat Grams
Beef Tacos	18.80	Beef and Vegetable Stew	17.30
Lettuce/Tomato/Salsa		Roll	4.00
Pinto Beans	0.30	Fresh Fruit or Juice	
Fresh Fruit or Juice		Royal Brownie	3.80
Lowfat White or Chocolate Milk	5.00	Lowfat White or Chocolate Milk	5.00
FRIDAY	Fat Grams	Constant Values for:	Fat Grams
Chicken Tetrzzini or	5.20	Milk Types: Chocolate and White, Whole	8.00
Cheesy Chicken Supreme	3.50	2%	5.00
Green Beans		1%	2.50
Roll	4.00	Skim	0.40
Fresh Fruit or Juice		Bread:	
Lowfat White or Chocolate Milk	5.00	2 oz	4.00
		4 oz	8.00

Weekly Averages

	Calories	Protein (gms.)	Fat %	Saturated Fat %	Vitamin C (gms.)	Vitamin A (IU)	Iron (mgs.)	Calcium (mgs.)
Target	705.70	11.30	30.00	10.00	15.60	1,276.70	3.70	311.30
Actual	699.20	31.50	23.30	8.80	36.30	3,035.20	5.30	490.30

Lunch Production, Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dog on a Bun 1 turkey frankfurter 10/1# 2 oz roll USDA B-16 Pickle Relish 1 Tbsp Baked Beans 1 portion USDA I-6 Gingerbread Cake 1 portion USDA C-23	Pizza 1 portion USDA D-31 or pre-prepared with less than 12 gms. fat Tossed Garden Salad Lowfat Salad Dressing 1 portion USDA E-19 Jello, any flavor 1 portion USDA C-11, alone or mixed with fruit serving for the day	Beef Tacos 1 portion USDA D-13 Lettuce and Tomato as per USDA D-13 recipe Pinto Beans 1/3 cup boiled from dry or canned Salsa 1 oz commodity	Beef and Vegetable Stew 1 portion USDA D-14, with green chili, as desired, for green chili stew Breadstick 2 oz stick USDA B-16 Royal Brownie 1 portion USDA C-21	Chicken Tetrazzini 1 portion USDA D-42 or Cheesy Chicken Supreme 1 portion New Mexico recipe Green Beans 1/4 cup can or frozen Roll 2 oz USDA B-16
NOTES	NOTES	NOTES	NOTES	NOTES

Rolls (Yeast)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Active dry yeast (see note) Water, warm (110 ° F)	1/3 cup 1 1/2 cups	3 1/4 oz	1/2 cup 2 Tbsp 3 cups	For best results, have all ingredients and utensils at room temperature. 1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
All-purpose or bread flour Noninstant, nonfat dry milk ... OR Instant nonfat dry milk Sugar Salt	3 lb 10 oz 3 1/2 oz OR 3 1/4 oz 5 3/4 oz	3 1/4 qt 2/3 cup OR 1 1/3 cups 3/4 cup 2 Tbsp 2 Tbsp	7 lb 4 oz 6 1/2 oz OR 6 1/2 oz 11 1/2 oz 2 1/2 oz	6 1/2 qt 1 1/3 cups OR 2 3/4 cups 1 1/2 cups 2 Tbsp 1/4 cup	2. Place all dry ingredients (flour, dry milk, sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.
Vegetable oil	3/4 cup 2 Tbsp	1 2/3 cups	3. Add oil and blend on low speed for approximately 2 minutes.
Water (68 ° F)	2 1/2 cups	1 1/4 qt	4. Add water. Mix on low speed for 1 minute. 5. Add dissolved yeast and mix on low speed for 2 minutes. 6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic. 7. Place dough in warm area (about 90 ° F) for 45-60 minutes. 8. Punch down dough to remove air bubbles. 9. Form rolls from dough by pinching off 2-oz pieces and shaping. Place rolls on lightly oiled sheet pans (18" x 26" x 1") in rows of 10 down and 5 across. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 10. Place in a warm area (about 90 ° F) until double in size, 30-50 minutes.

(Continued on back)

Rolls (Continued)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						11. Bake until lightly browned: Conventional oven: 400 ° F for 18-20 minutes. Convection oven: 350 ° F for 12-14 minutes.
Butter or margarine, melted (optional)	1 Tbsp	2 Tbsp	12. Optional: Brush lightly with melted butter or margarine (approximately 1 Tbsp per pan) while warm.

Serving: 1 2-ounce roll provides 2 servings of bread.

Yield: 50 servings: about 50 2-ounce rolls
100 servings: about 100 2-ounce rolls

NOTE: To use high-activity (instant) yeast, follow directions below or manufacturer's instructions.

50 servings: Omit step 1. In step 2, add 1/4 cup high-activity (instant) yeast. Continue with step 3. In step 4, add 1 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

100 servings: Omit step 1. In step 2, add 2 1/2 oz (1/2 cup) high-activity (instant) yeast. Continue with step 3. In step 4, add 2 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
174	4.4	30	4	.6	.55	0.11	29.2	1.7	.55	287.7	1.1

Baked Beans (Using Canned Vegetarian Beans)

Meat Alternate or Vegetable

Vegetable I-6

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned vegetarian beans.....	14 lb 10 oz.....	1 gal 2½ qt.....	29 lb 4 oz.....	4¼ No. 10 cans.....	1. Pour 14 lb 10 oz (1 gal 2½ qt) canned vegetarian beans into each steam table pan (12"x20"x4"). For 50 servings, use 1 steam table pan. For 100 servings, use 2 steam table pans.
Dehydrated onions..... OR Fresh onions, chopped..... Molasses..... Dry mustard..... Brown sugar, packed..... Water..... Tomato paste..... Ham, diced (optional).....	2¾ oz..... OR 1 lb 8 oz..... 11 oz..... 3¾ oz..... 9½ oz..... 1 lb.....	¾ cup..... OR 1 qt..... 1 cup..... 2 Tbsp..... ½ cup..... 2 cups..... 1 cup..... 3 cups.....	5¼ oz..... OR 3 lb..... 1 lb 6 oz..... 7½ oz..... 1 lb 2½ oz..... 2 lb.....	1½ cups..... OR 2 qt..... 2 cups..... ¼ cup..... 1 cup..... 1 qt..... 2 cups..... 1 qt 2¼ cups...	2. Combine onions, molasses, dry mustard, brown sugar, water, tomato paste, and ham (optional). Blend well.
						3. Pour 2 lb 11 oz (1 qt 1¼ cups) mixture over beans in each steam table pan. Stir to combine. Cover pans. 4. To Bake: Conventional Oven 350°F, 2¼ hours Convection Oven 325°F, 1¼ hours Remove cover during last ½ hour of baking to brown the beans. 5. Portion with 4-oz ladle (½ cup).

Serving: ½ cup (4-ounce ladle) provides ½ cup of cooked dry beans.

Yield: 50 servings: 1 steam table pan
100 servings: 2 steam table pans

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
159.5	6.8	35.9	.79	.17	356.4	7.2	88.4	.94	0	533.3	7.1

Gingerbread

Desserts C-23

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar.....	14 oz.....	1¾ cups.....	1 lb 12 oz.....	3½ cups.....	1. Combine dry ingredients in mixer bowl using a paddle attachment. Blend on low speed for 1 minute.
All-purpose flour.....	2 lb 4 oz.....	1 qt 2¾ cups...	4 lb 8 oz.....	3 qt 1½ cups...	
Baking soda.....	2 Tbsp.....	¼ cup.....	
Salt.....	1½ tsp.....	1 Tbsp.....	
Ground cinnamon.....	1 Tbsp.....	2 Tbsp.....	
Ground cloves.....	1 tsp.....	2 tsp.....	
Ground ginger.....	1 tsp.....	2 tsp.....	
Vegetable oil.....	1¾ cups.....	3½ cups.....	2. Mix vegetable oil, egg whites, hot water, and molasses in a bowl with a wire whip for 2 minutes or until blended. Slowly add the oil mixture to dry ingredients on low speed and mix for 1 minute or until blended. Scrape down the sides of the bowl. 3. Pour 1 gallon (8 lb. 12 oz) of batter into each lightly greased and floured 18" x 26" x 1" sheet pan. To Bake: Conventional Oven 350°F, 35 minutes Convection Oven 325°F, 25 minutes 4. Cut each cake 10 x 5 into 50 pieces.
Frozen egg whites, thawed.....	12 oz.....	1½ cups.....	1 lb 8 oz.....	3 cups.....	
OR						
Fresh large egg whites.....	10 each.....	20 each.....	
Hot water.....	3¾ cups.....	1 qt 3½ cups...	
Molasses.....	3½ cups.....	1 qt 3 cups.....	

(Continued on back)

- Special Tips:**
- 1) To make pouring easy, place bottles of molasses in hot water for 5 minutes before using.
 - 2) Serve with Whipped Topping (C-19), powdered sugar, or Orange Glaze (C-24).
 - 3) Cupcakes can be made for a special occasion. Using a No. 16 scoop (¼ cup), portion into greased or paper-lined muffin tins. Bake in a 375°F conventional oven for 15 to 20 minutes. One gallon of batter makes approximately 50 cupcakes.

Gingerbread (Continued)

Serving: 1 piece

Yield: 50 servings: 8 lb 2 oz
100 servings: 16 lb 4 oz

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
238	3	40	7.9	1.2	1	0	53	2.1	0	242	1

Pizza with Cheese Topping

Meat/Meat Alternate-Vegetable-Bread

Main Dishes D-30

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Pizza dough in pans (18" x 26" x 1")	5 sheet pans	1. For pizza dough, use Pizza Crust recipe (see B-14) our Pourable Pizza Crust recipe (see B-15).
Dehydrated onions OR *Fresh onions, chopped Garlic powder Black pepper Tomato paste Water †Seasonings Flaked basil Flaked oregano Flaked marjoram Flaked thyme	4 oz. OR 2 lb. 3 lb. 8 oz.	1 cup 2 Tbsp. .. OR 1 qt. 1¼ cups 1 Tbsp 1½ tsp 2 tsp ½ No. 10 can . 3½ qt ¼ cup 2 Tbsp . ¼ cup 2 Tbsp . ¼ cup 1 Tbsp . 1 Tbsp	2. Combine onions, garlic powder, pepper, tomato paste, water, and seasonings. Simmer for 15 minutes.
Mozzarella cheese, shredded	12 lb 8 oz	3¼ gal	3. Sprinkle 12 oz (3 cups) shredded cheese evenly over each pizza crust.
						4. Spread 1 qt tomato mixture over cheese in each pan. 5. Sprinkle 1 lb 12 oz (1 3/4 qt) shredded cheese evenly over tomato mixture in each pan. 6. Bake until crust is lightly browned: Conventional oven: 475 ° F for 15-18 minutes Convection oven: 450 ° F for 15 minutes 7. Cut each pan 4 x 5 (20 pieces per pan).

Serving: 1 piece provides the equivalent of 2 ounces of cooked lean meat, 1/4 cup of vegetable, and 2 servings of bread

Yield: 100 servings: 5 sheet pans

†Italian Seasoning Mix (see G-1, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 100 servings, use 1 cup 2 Tbsp Italian Seasoning Mix.

Nutrients per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
301.6	18.2	32.2	11	6.1	780	7.9	395	2.6	32.5	336.7	2.2

Ranch Dressing

Salads and Salad Dressings E-19

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Buttermilk..... Lemon juice.....	3¼ cups..... 1 Tbsp 1 tsp....	1 qt 2½ cups... 2 Tbsp 2 tsp....	1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to rest for 10 minutes.
Plain lowfat yogurt..... Sour cream.....	10 oz..... 4 oz.....	1¼ cups..... ½ cup.....	1 lb 4 oz..... 8 oz.....	2½ cups..... 1 cup.....	2. Using a paddle attachment, blend in the yogurt and sour cream. Let mixture rest for 5 more minutes.
Lowfat mayonnaise..... Onion powder..... Garlic powder..... White pepper..... Dried chives..... Dried parsley..... Salt.....	13 oz.....	1⅔ cups..... 2 Tbsp..... 2 Tbsp..... ½ tsp..... 1 tsp..... 1 Tbsp..... 2 tsp.....	1 lb 10 oz.....	3⅓ cups..... 4 Tbsp..... 4 Tbsp..... 1 tsp..... 2 tsp..... 2 Tbsp..... 1 Tbsp 1 tsp....	3. Add rest of ingredients to mixture in mixing bowl. Mix on low speed for 2 to 3 minutes until blended. 4. Chill at least 12 hours before serving to allow to thicken.

Special Tip: Add an additional 8 oz of lowfat mayonnaise per 50 servings for an excellent vegetable dip.

Serving: 2 Tbsp (1 ounce ladle)

Yield: 50 servings: 3 lb 5 oz
100 servings: 6 lb 10 oz
Volume: 50 servings: 1 qt 2¼ cups
100 servings: 3 qt ½ cup

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
34	1	3	2.1	.7	39	1	33	.1	4	152	0

Beef or Pork Taco

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes D-13

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef..... (no more than 24% fat) OR Raw ground pork..... (no more than 24% fat)	6 lb 7 oz..... OR 6 lb 7 oz..... OR	12 lb 14 oz..... OR 12 lb 14 oz..... OR OR	1. Brown ground beef or pork. Drain.
Dehydrated onions..... OR Fresh onions, chopped..... Garlic powder..... Black pepper..... Tomato paste..... Water..... †Seasonings Chili powder..... Ground cumin..... Paprika..... Onion powder..... OR 5 oz..... 14 oz.....	¼ cup 2 tsp..... OR ¾ cup 2 Tbsp 1 Tbsp 1½ tsp 2 tsp..... 1½ cups..... 1 qt..... OR 2 Tbsp..... 1 Tbsp 1½ tsp 1½ tsp..... 1½ tsp.....	2 oz..... OR 10 oz..... 1 lb 12 oz.....	½ cup 1 Tbsp OR 1⅓ cups..... 3 Tbsp..... 1 Tbsp 1 tsp.... ¼ No. 10 can 2 qt..... OR ¼ cup..... 3 Tbsp..... 1 Tbsp..... 1 Tbsp..... OR	2. Add onions, garlic powder, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes.
Cheddar cheese, shredded..... Tomatoes, chopped..... Lettuce, shredded.....	1 lb 10 oz..... 1 lb 4 oz..... 2 lb 2 oz.....	1 qt 3½ cups... 3 cups..... 1 gal 1 cup.....	3 lb 4 oz..... 2 lb 8 oz..... 4 lb 4 oz.....	3¾ qt..... 1 qt 2¼ cups... 2 gal.....	3. For topping: Set cheese aside for step 4. Combine tomatoes and lettuce. Toss lightly. Set mixture aside for step 4.

†Mexican Seasoning Mix (see B-1, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

(Continued on back)

Beef or Pork Taco (Continued)

Main Dishes D-13

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Taco shells (at least 0.35 oz each).....	100.....	200.....	<p>4. Serving suggestions (2 tacos per serving):</p> <p>A. Before serving or on serving line, fill each taco shell with 2 Tbsp meat mixture. On each student tray, serve 2 tacos, No. 10 scoop ($\frac{3}{8}$ cup) lettuce and tomato tomato mixture, and $\frac{1}{2}$ oz (2 Tbsp 1 tsp) shredded cheese.</p> <p style="text-align: center;">OR</p> <p>B. 1. Preportion No. 10 scoop ($\frac{3}{8}$ cup) lettuce and tomato mixture, and $\frac{1}{2}$ oz (2 Tbsp 1 tsp) shredded cheese into individual souffle cups. Refrigerate until service.</p> <p>2. Transfer meat mixture and taco shells to steam table pans. On each student tray , serve 2 unfilled taco shells, No. 16 scoop ($\frac{1}{4}$ cup) meat mixture, 1 preportioned souffle cup of lettuce and tomato mixture, and 1 preportioned souffle cup of shredded cheese.</p> <p>Instruct students to "build" their own tacos.</p>

(Continued on back)

Serving: 2 tacos provide the equivalent of 2 ounces of cooked lean meat, $\frac{1}{2}$ cup of vegetable, and 1 serving of bread alternate.

Yield: 50 servings: 100 tacos
100 servings: 200 tacos

Beef or Pork Taco (Continued)

PREPARATION NOTE:

SOAKING BEANS

Overnight method: Add 1½ qt cold water to every lb of dry beans. Cover. Let stand overnight in refrigerator.

Quick-soak method: Boil 1½ qt water for each lb of dry beans. Pour beans in and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

1 lb dry beans = about 2½ cups dry or 6¾ cups cooked beans.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
313.3	17	20.3	18.8	7.0	727.6	7.0	165.6	2.2	51.1	233.2	3.0

Beef Stew

Meat-Vegetable

Main Dishes D-14

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Boneless beef, 1-inch cubes....	11 lb 10 oz.....	23 lb 4 oz.....	1. Trim all visible fat from beef cubes.
Vegetable oil.....	½ cup.....	1 cup.....	2. Brown beef cubes in oil. Drain.
Fresh onions, quartered..... OR Dehydrated onions..... All-purpose flour..... Garlic powder..... Paprika..... Black pepper..... Flaked thyme.....	1 lb..... OR 2 oz..... 12 oz.....	2¾ cups..... OR ½ cup 1 Tbsp 2¾ cups..... 1 Tbsp 1½ tsp 1 Tbsp..... 1½ tsp..... 1 tsp.....	2 lb..... OR 4 oz..... 1 lb 8 oz.....	1 qt 1¼ cups... OR 1 cup 2 Tbsp... 1 qt 1½ cups... 3 Tbsp..... 2 Tbsp..... 1 Tbsp..... 2 tsp.....	3. Add onions, flour, garlic powder, paprika, pepper, thyme.
Water or beef stock.....	1½ gal.....	3 gal.....	4. Add water or stock. Bring to boil. Reduce heat and cover. Simmer for approximately 1½ hours, or until meat is tender.
Canned sliced carrots, drained..... Canned small whole potatoes, drained..... Canned green peas, drained.....	2 lb 11 oz..... 3 lb 6 oz..... 3 lb 4 oz.....	2 qt..... ¾ No. 10 can... ¾ No. 10 can...	5 lb 5 oz..... 6 lb 12 oz..... 6 lb 8 oz.....	1¼ No. 10 cans..... 1½ No. 10 cans..... 1½ No. 10 cans.....	5. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes.
						6. Pour into serving pans. 7. Portion with 8-oz ladle (1 cup).

Serving: 1 cup (8-ounce ladle) provides 2 ounces of cooked lean meat and ½ cup of vegetables.

Yield: 50 servings: about 3¼ gallons
100 servings: about 6½ gallons

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
238	25.2	15.5	7.9	2.3	3628.8	5.3	25.2	3.9	64.4	277.2	2.8

Rolls (Yeast)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Active dry yeast (see note) Water, warm (110 ° F)	1/3 cup 1 1/2 cups	3 1/4 oz	1/2 cup 2 Tbsp 3 cups	For best results, have all ingredients and utensils at room temperature. 1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
All-purpose or bread flour Noninstant, nonfat dry milk ... OR Instant nonfat dry milk Sugar Salt	3 lb 10 oz 3 1/2 oz OR 3 1/4 oz 5 3/4 oz	3 1/4 qt 2/3 cup OR 1 1/3 cups 3/4 cup 2 Tbsp 2 Tbsp	7 lb 4 oz 6 1/2 oz OR 6 1/2 oz 11 1/2 oz 2 1/2 oz	6 1/2 qt 1 1/3 cups OR 2 3/4 cups 1 1/2 cups 2 Tbsp 1/4 cup	2. Place all dry ingredients (flour, dry milk, sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.
Vegetable oil	3/4 cup 2 Tbsp	1 2/3 cups	3. Add oil and blend on low speed for approximately 2 minutes.
Water (68 ° F)	2 1/2 cups	1 1/4 qt	4. Add water. Mix on low speed for 1 minute. 5. Add dissolved yeast and mix on low speed for 2 minutes. 6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic. 7. Place dough in warm area (about 90 ° F) for 45-60 minutes. 8. Punch down dough to remove air bubbles. 9. Form rolls from dough by pinching off 2-oz pieces and shaping. Place rolls on lightly oiled sheet pans (18" x 26" x 1") in rows of 10 down and 5 across. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 10. Place in a warm area (about 90 ° F) until double in size, 30-50 minutes.

(Continued on back)

Rolls (Continued)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						11. Bake until lightly browned: Conventional oven: 400 ° F for 18-2 minutes. Convection oven: 350 ° F for 12-1 minutes.
Butter or margarine, melted (optional)	1 Tbsp	2 Tbsp	12. Optional: Brush lightly with melted butter or margarine (approximately 1 Tbsp per pan) while warm.

Serving: 1 2-ounce roll provides 2 servings of bread.

Yield: 50 servings: about 50 2-ounce rolls
100 servings: about 100 2-ounce rolls

NOTE: To use high-activity (instant) yeast, follow directions below or manufacturer's instructions.

50 servings: Omit step 1. In step 2, add 1/4 cup high-activity (instant) yeast. Continue with step 3. In step 4, add 1 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

100 servings: Omit step 1. In step 2, add 2 1/2 oz (1/2 cup) high-activity (instant) yeast. Continue with step 3. In step 4, add 2 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
174	4.4	30	4	.6	.55	0.11	29.2	1.7	.55	287.7	1.1

Royal Brownies

Desserts C-21

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil..... Sugar..... Salt..... Vanilla..... Canned applesauce..... 1 lb 10 oz..... 1 lb 4 oz.....	¾ cup..... 3¾ cups..... 1½ tsp..... 1½ tsp..... 2½ cups..... 3 lb 4 oz..... 2 lb 8 oz.....	1½ cups..... 1 qt 3½ cups... 1 Tbsp..... 1 Tbsp..... 1 qt 1 cup.....	1. Cream oil, sugar, salt, vanilla, and applesauce for 5 minutes in mixing bowl on medium speed, using a paddle attachment. Scrape down the sides of the bowl.
Frozen egg whites, thawed OR Fresh large egg whites.....	12 oz.....	1½ cups..... 10 each.....	1 lb 8 oz.....	3 cups..... 20 each.....	2. Add egg whites and beat for 1 minute on medium speed. Scrape down the sides of the bowl.
All-purpose flour..... Cocoa..... Baking powder.....	15 oz..... 6 oz.....	3½ cups..... 1½ cups 2 Tbsp..... 1 Tbsp.....	1 lb 14 oz..... 12 oz.....	1 qt 3 cups..... 3¼ cups..... 2 Tbsp.....	3. Beat together flour, cocoa, and baking powder. 4. Add to wet ingredients and mix for 30 seconds on low speed, then for 1 minute on medium speed. Scrape down the sides of the bowl. Batter will be very thick. 5. For 50 servings, spread 2 qt 1½ cups (5 lb 3 oz) of batter in one half-sheet pan (18"x13"x1"), which has been lightly greased. For 100 servings, spread 1 gal 3 cups (10 lb 6 oz) batter in one sheet pan (18"x26 x1"), which has been lightly greased.

(Continued on back)

Royal Brownies (Continued)

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chopped walnuts (optional).....	4 oz.....	1 cup.....	8 oz	2 cups.....	5. Sprinkle nuts (optional) over batter. 6. To Bake: Conventional Oven 350°F, 20-30 minutes Convection Oven 300°F, 18-25 minutes Bake until set, but still moist in the center. 7. For 50 servings, cut half-sheet pan 5 x 10 (50 pieces per pan). For 100 servings, cut sheet pan 10 x 10 (100 pieces per pan).

Variations

Swiss Brownies

.....

Swiss Brownies: Swiss Brownies are lighter in color than Royal Brownies.
50 servings: Decrease cocoa to 4 oz (1⅓ cups).
100 servings: Decrease cocoa to 8 oz (2⅔ cups).

Special Tip: Brownies may be iced with Brownie Icing (C-22) or sprinkles with powdered sugar.

Serving: 1 piece

Yield: 50 servings: 5 lb
 100 servings: 10 lb

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
134	2	25	3.8	.8	4	0	23	.9	0	112	1

Chicken Tetrazzini

Meat • Vegetable • Grains/Breads

Main Dishes D-42

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Water.....	3 gal.....	6 gal.....	1. Boil water and salt in a steam-jacketed kettle or stock pot. Add spaghetti. Cook until firm-Tender, 8 minutes. Drain and hold in cold water. Set aside.
Salt.....	2 tsp.....	1 Tbsp 1 tsp....	
Spaghetti, broken in thirds.....	3 lb 1 oz.....	6 lb 2 oz.....	
Vegetable oil.....	¼ cup.....	½ cup.....	2. In a steam-jacketed kettle or large saucepan, heat the vegetable oil. Add the vegetable mix or frozen vegetables, mushrooms, and pimientos (optional). Saute vegetables 5 minutes or until tender. Set aside.
Vegetable Mix:						
Onions, diced.....	1 lb.....	3 cups.....	2 lb.....	1 qt 2 cups.....	
Fresh carrots, diced.....	1 lb.....	3 cups.....	2 lb.....	1 qt 2 cups.....	
Fresh celery, diced.....	8 oz.....	2 cups.....	1 lb.....	1 qt.....	
Fresh green peppers, diced	4 oz.....	1 cup.....	8 oz.....	2 cups.....	
OR	OR	OR	OR	OR		
Frozen mixed vegetables.....	2 lb 8 oz.....	5 lb.....	
Fresh mushrooms, sliced.....	1 lb 4 oz.....	1¾ cups.....	2 lb 8 oz.....	3½ cups.....	
OR						
Canned sliced mushrooms, drained.....	10 oz.....	1⅔ cups.....	1 lb 4 oz.....	3⅓ cups.....	
Canned pimientos, diced, drained (optional).....	8 oz.....	1 cup.....	1 lb.....	2 cups.....	
Margarine or butter.....	8 oz.....	1 cup.....	1 lb.....	2 cups.....	3. Melt the margarine or butter in a steam-jacketed kettle or stock pot. Add flour and cook for 3 minutes. 4. Slowly add the milk to the flour mixture. Simmer, stirring frequently, until mixture is thickened at 180°F. Add chicken stock, pepper, onion powder, and garlic, and simmer for 5 minutes.
All-purpose flour.....	8 oz.....	1½ cups.....	1 lb.....	3 cups.....	
Lowfat milk, hot.....	2 qt 2 cups.....	1 gal 1 qt.....	
Chicken stock.....	1 qt 2 cups.....	3 qt.....	
White pepper.....	1 tsp.....	2 tsp.....	
Onion powder.....	2 tsp.....	1 Tbsp 1 tsp....	
Granulated garlic.....	2 tsp.....	1 Tbsp 1 tsp....	

(Continued on back)

Chicken Tetrazzini (Continued)

Main Dishes D-42

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken, cooked, diced..... Parmesan cheese, shredded....	6 lb 4 oz..... 4 oz.....	1 gal 2 qt..... 1 cup.....	12 lb 8 oz..... 8 oz.....	3 gal..... 2 cups.....	5. In each 12"x20"x2½" steam table pan, combine 3 lb 12 oz (3 qt) of cooked spaghetti, 3 lb 2 oz (3 qt) of cooked diced chicken, 1 qt of cooked vegetables, and 2 qt 1 cup of sauce. 6. Sprinkle ½ cup of Parmesan cheese on top of each pan. 7. To Bake: Conventional Oven 350°F, 30 minutes Convection Oven 350°F, 40 minutes Bake until golden brown. 8. Cut each pan 5x5.

Special Tip: Roasted turkey can be easily substituted for chicken.

Serving Size: ¾ cup
provides 2 ounces of meat,
⅓ cup of vegetable, and
1 serving of grains/breads

Yield: 50 servings: 24 lb 13 oz
100 servings: 49 lb 10 oz

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
301	22	28	10.4	2.8	2613	4	112	2.1	51	400	2

Cheesy Chicken Supreme

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken, frozen, diced, thawed..... Rice, uncooked.....	8½ lb..... 4 lb.....	1. Place 1 lb rice and 2 lb chicken into each of four 4" pans.
Chicken base..... Salt..... Warm water..... Skim milk (1 qt instant non- fat dry milk, 3 qt water)..... Cornstarch..... Dehydrated onions..... Pepper..... American cheese..... Mozzarella cheese..... Green chile OR broccoli..... 2 lb..... 2 lb..... 4 lb.....	1 cup..... 4 tsp..... 1¾ gal..... 1 gal..... 1 cup..... ⅔ cup..... ½ tsp.....	2. Blend chicken base and salt in warm water until dissolved. Pour 7 cups of this over chicken and rice in each pan. Cover pans and bake 40 minutes at 350°F. 3. Combine milk and cornstarch in sauce pan. Over medium heat, bring to a boil, stirring frequently. 4. Reduce heat to low; stir in cheeses until melted and creamy. Stir in onion, pepper, and green chile or broccoli. 5. Stir 6 cups cheese sauce into each pan. Cover and bake an additional 15 minutes. Stir before serving.

Serving Size: 1 cup

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
218	18.7	19.2	7	3.3	526.5	17.6	189.1	1.5	46.9	346.7	0.8

LUNCH MENUS/NUTRIENT ANALYSES - WEEK 4

MONDAY	Fat Grams	TUESDAY	Fat Grams
Spaghetti and Meat Sauce	11.40	Taco Salad	14.50
Tossed Garden Salad		Pinto Beans	0.30
Lowfat Ranch Dressing	2.10	Chilled Fruit or Juice	
Roll	4.00	Cherry Cobbler	6.40
Chilled Fruit or Juice		Lowfat White or Chocolate Milk	5.00
Lowfat White or Chocolate Milk	5.00		
WEDNESDAY	Fat Grams	THURSDAY	Fat Grams
Country-fried Steak	13.00	Beef Stir-Fry	8.20
Mashed Potatoes and Gravy	2.90	Steamed Rice	
Veggie Sticks		Roll	4.00
Roll	4.00	Fresh Fruit or Juice	
Lowfat White or Chocolate Milk	5.00	Oatmeal Cookie	10.00
		Lowfat White or Chocolate Milk	5.00
FRIDAY	Fat Grams	Constant Values for:	Fat Grams
Deli Submarine Sandwich	19.20	Milk Types: Chocolate and White, Whole	8.00
Lettuce/Tomato/Pickle		2%	5.00
Potato Salad	4.90	1%	2.50
Jello/Fresh Fruit or Fruit Juice		Skim	0.40
Lowfat White or Chocolate Milk	5.00	Bread:	
		2 oz	4.00
		4 oz	8.00

Weekly Averages

	Calories	Protein (gms.)	Fat %	Saturated Fat %	Vitamin C (gms.)	Vitamin A (IU)	Iron (mgs.)	Calcium (mgs.)
Target	705.70	11.30	30.00	10.00	15.60	1,276.70	3.70	311.30
Actual	828.40	35.10	26.00	9.50	60.20	6,264.90	6.30	445.40

Lunch Production, Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti and Meat Sauce 1 portion USDA D-35 Roll 2 oz USDA B-16 Tossed Garden Salad Lowfat Ranch Dressing 1 portion USDA E-19	Taco Salad 1 portion USDA E-10 Lettuce and Tomato as per USDA E-10 Pinto Beans 1/3 cup boiled from dry or canned Salsa 1 oz commodity Cherry Cobbler 1 portion USDA C-6	Country-fried Steak 1 portion USDA D-21 Gravy as per USDA D-21 recipe Mashed Potatoes 1 portion USDA I-5 Roll 2 oz USDA B-16 Veggie Sticks 1/4 cup carrots 1/4 cup celery	Beef Stir-Fry 1 portion USDA D-39 Steamed Rice 1/4 cup enriched long-grain Roll 2 oz USDA B-16 Oatmeal Cookie 1 cookie USDA C-25	Deli Submarine Sandwich 2 oz luncheon meat 1 oz American cheese 4 oz roll USDA B-16 Lettuce/Tomato/Pickle 1 leaf, 1/4 cup slices, 4 slices dill Potato Salad 1 portion USDA E-9 Jello, any flavor 1 portion USDA C-11, alone or mixed with fruit serving for the day
NOTES	NOTES	NOTES	NOTES	NOTES

Spaghetti and Meat Sauce

Meat-Vegetable-Bread Alternate

Main Dishes D-35

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef..... (no more than 24% fat) Dehydrated onions..... OR Fresh onions, chopped..... Garlic powder.....	8 lb 10 oz..... 6 oz..... OR 3 lb..... 1¾ cup..... OR 2 qt..... 1 Tbsp 1½ tsp	17 lb 4 oz..... 12 oz..... OR 6 lb..... 3½ cups..... OR 1 gal..... 3 Tbsp.....	1. Brown ground beef. Drain. Add onions and garlic powder. Cook for 5 minutes.
Black pepper..... Canned tomatoes, with liquid, chopped..... Tomato paste..... Water..... †Seasonings Flaked basil..... Flaked oregano..... Flaked marjoram..... Flaked thyme..... 4 lb 4 oz..... 1 lb 12 oz.....	1½ tsp..... ⅔ No. 10 can... ¼ No. 10 can... 1½ qt..... 3 Tbsp 2 tsp.... 3 Tbsp 2 tsp.... 2 Tbsp 2 tsp.... 1½ tsp..... 8 lb 8 oz..... 3 lb 8 oz.....	1 Tbsp..... 1⅓ No. 10 cans ½ No. 10 can... 3 qt..... ¼ cup 3 Tbsp ¼ cup 3 Tbsp ¼ cup 1 Tbsp 1 Tbsp.....	2. Add pepper, canned tomatoes, tomato paste, water, and seasonings. Simmer about 1 hour.
Water..... Salt.....	3 gal..... 1 Tbsp.....	6 gal..... 2 Tbsp.....	3. Heat water to rolling boil. Add salt.
Spaghetti, broken into thirds...	3 lb 1 oz.....	6 lb 2 oz.....	4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well.
						5. Stir into meat sauce. 6. Pour into serving pans. 7. Portion ¾ cup per serving.

†Italian seasoning Mix (see G-1, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients.

For 50 servings, use ½ cup 2 Tbsp 1 tsp Italian Seasoning Mix. For 100 servings, use 1¼ cups Italian Seasoning Mix.

Serving: ¾ cup provides 2 ounces of cooked lean meat, ⅓ cup of vegetable, and 1 serving of bread alternate.

Yield: 50 servings: about 2¾ gallons
100 servings: about 5 gallons

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
296.8	18.9	30.4	11.1	4.1	683.4	15.5	50.2	3.4	48.1	196.5	3.1

Rolls (Yeast)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Active dry yeast (see note) Water, warm (110 ° F)	1/3 cup 1 1/2 cups	3 1/4 oz	1/2 cup 2 Tbsp 3 cups	For best results, have all ingredients and utensils at room temperature. 1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
All-purpose or bread flour Noninstant, nonfat dry milk ... OR Instant nonfat dry milk Sugar Salt	3 lb 10 oz 3 1/2 oz OR 3 1/4 oz 5 3/4 oz	3 1/4 qt 2/3 cup OR 1 1/3 cups 3/4 cup 2 Tbsp 2 Tbsp	7 lb 4 oz 6 1/2 oz OR 6 1/2 oz 11 1/2 oz 2 1/2 oz	6 1/2 qt 1 1/3 cups OR 2 3/4 cups 1 1/2 cups 2 Tbsp 1/4 cup	2. Place all dry ingredients (flour, dry milk, sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.
Vegetable oil	3/4 cup 2 Tbsp	1 2/3 cups	3. Add oil and blend on low speed for approximately 2 minutes.
Water (68 ° F)	2 1/2 cups	1 1/4 qt	4. Add water. Mix on low speed for 1 minute. 5. Add dissolved yeast and mix on low speed for 2 minutes. 6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic. 7. Place dough in warm area (about 90 ° F) for 45-60 minutes. 8. Punch down dough to remove air bubbles. 9. Form rolls from dough by pinching off 2-oz pieces and shaping. Place rolls on lightly oiled sheet pans (18" x 26" x 1") in rows of 10 down and 5 across. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 10. Place in a warm area (about 90 ° F) until double in size, 30-50 minutes.

(Continued on back)

Rolls (Continued)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						11. Bake until lightly browned: Conventional oven: 400 ° F for 18-20 minutes. Convection oven: 350 ° F for 12-14 minutes.
Butter or margarine, melted (optional)	1 Tbsp	2 Tbsp	12. Optional: Brush lightly with melted butter or margarine (approximately 1 Tbsp per pan) while warm.

Serving: 1 2-ounce roll provides 2 servings of bread.

Yield: 50 servings: about 50 2-ounce rolls
100 servings: about 100 2-ounce rolls

NOTE: To use high-activity (instant) yeast, follow directions below or manufacturer's instructions.

50 servings: Omit step 1. In step 2, add 1/4 cup high-activity (instant) yeast. Continue with step 3. In step 4, add 1 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

100 servings: Omit step 1. In step 2, add 2 ½ oz (½ cup) high-activity (instant) yeast. Continue with step 3. In step 4, add 2 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
174	4.4	30	4	.6	.55	0.11	29.2	1.7	.55	287.7	1.1

Ranch Dressing

Salads and Salad Dressings E-19

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Buttermilk..... Lemon juice.....	3¼ cups..... 1 Tbsp 1 tsp....	1 qt 2½ cups... 2 Tbsp 2 tsp....	1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to rest for 10 minutes.
Plain lowfat yogurt..... Sour cream.....	10 oz..... 4 oz.....	1¼ cups..... ½ cup.....	1 lb 4 oz..... 8 oz.....	2½ cups..... 1 cup.....	2. Using a paddle attachment, blend in the yogurt and sour cream. Let mixture rest for 5 more minutes.
Lowfat mayonnaise..... Onion powder..... Garlic powder..... White pepper..... Dried chives..... Dried parsley..... Salt.....	13 oz.....	1⅔ cups..... 2 Tbsp..... 2 Tbsp..... ½ tsp..... 1 tsp..... 1 Tbsp..... 2 tsp.....	1 lb 10 oz.....	3⅓ cups..... 4 Tbsp..... 4 Tbsp..... 1 tsp..... 2 tsp..... 2 Tbsp..... 1 Tbsp 1 tsp....	3. Add rest of ingredients to mixture in mixing bowl. Mix on low speed for 2 to 3 minutes until blended. 4. Chill at least 12 hours before serving to allow to thicken.

Special Tip: Add an additional 8 oz of lowfat mayonnaise per 50 servings for an excellent vegetable dip.

Serving: 2 Tbsp (1 ounce ladle)

Yield: 50 servings: 3 lb 5 oz
100 servings: 6 lb 10 oz
Volume: 50 servings: 1 qt 2¼ cups
100 servings: 3 qt ½ cup

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
34	1	3	2.1	.7	39	1	33	.1	4	152	0

Taco Salad

Meat/Meat Alternate-Vegetable-Bread Alternate

Salads and Salad Dressings E-10

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat).....	6 lb 7 oz.....	12 lb 14 oz.....	1. Brown ground beef. Drain.
Dehydrated onions..... OR Fresh onions, chopped..... 5 oz.....	¼ cup 2 tsp..... OR ¾ cup 2 Tbsp	2 oz..... OR 10 oz.....	½ cup 1 Tbsp OR 1⅔ cups.....	2. Add onions, garlic powder, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat. Simmer for 25-30 minutes.
Garlic powder.....	1 Tbsp 1½ tsp	3 Tbsp.....	
Black pepper.....	2 tsp.....	1 Tbsp 1 tsp....	
Tomato paste.....	14 oz.....	1½ cups.....	1 lb 12 oz.....	¼ No. 10 can...	
Water.....	1 qt.....	2 qt.....	
†Seasonings					
Chili powder.....	2 Tbsp.....	¼ cup.....	
Ground cumin.....	1 Tbsp 1½ tsp	3 Tbsp.....	
Paprika.....	1½ tsp.....	1 Tbsp.....	
Onion powder.....	1½ tsp.....	1 Tbsp.....	
Lettuce, shredded.....	4 lb.....	2 gal.....	8 lb.....	4 gal.....	3. Combine lettuce and tomatoes. Toss lightly.
Tomatoes, chopped.....	1 lb 12 oz.....	1 qt ½ cup.....	3 lb 8 oz.....	2¼ qt.....	
Taco shell pieces..... OR	2 lb 6 oz..... OR	1 gal 2¼ qt..... OR	4 lb 11 oz..... OR	3¼ gal..... OR OR	4. Serving suggestions: A. Assemble each salad as follows, or in preferred order: 1st layer: about ¾ oz (½ cup) taco shell pieces or 1 tostada shell 2nd layer: 1¾ oz (¾ cup) lettuce and tomato mixture 3rd layer: No. 16 scoop (¼ cup) meat mixture 4th layer: ½ oz (2 Tbsp 1 tsp) shredded cheese OR
Tostada shells (0.7 oz each)....	2 lb 3 oz.....	50.....	4 lb 6 oz.....	100.....	
Cheddar cheese, shredded.....	1 lb 10 oz.....	1 qt 3½ cups...	3 lb 4 oz.....	3¾ qt.....	

†Mexican Seasoning Mix (see G-1, Sauces, Gravies, and Seasoning

(Continued on back)

Mixes) may be used to replace these ingredients. For 50 servings, use
¾ cup 1½ tsp Mexican Seasoning Mix. For 100 servings, use ¾ cup
1 Tbsp Mexican Seasoning Mix.

Taco Salad (Continued)

Salads and Salad Dressings E-10

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>B. (1) Preportion 1¼ oz (¾ cup) lettuce and tomato mixture and ½ oz (2 Tbsp 1 tsp.) shredded cheese into individual souffle cups. Refrigerate until service.</p> <p>(2) Transfer meat mixture and taco shell pieces or tostada shells into steam table pans. On each student tray, serve ¾ oz (½ cup) taco shell pieces or 1 tostada shell. Top with No. 16 scoop (¼ cup) meat mixture. Add 1 preportioned souffle cup of lettuce and tomato mixture and 1 preportioned souffle cup of shredded cheese. Instruct students to "build their own taco salad."</p>
						5. If desired, serve with taco sauce.

Serving: 1 salad provides the equivalent of 2 ounces of cooked lean meat, ¾ cup of vegetable, and 1 serving of bread alternate.

Yield: 50 servings: 50 salads
100 servings: 100 salads

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
251.7	13.9	17.2	14.5	4.8	707.9	8.4	84.0	2.2	38.2	143.3	2.9

Cherry Cobbler

Fruit

Desserts C-6

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour..... Salt..... Shortening.....	1 lb 2 oz..... 10 oz.....	1 qt..... 1 tsp..... 1½ cups.....	2 lb 4 oz..... 1 lb 4 oz.....	2 qt..... 2 tsp..... 3 cups.....	1. For pastry topping: Combine flour and salt. Mix in shortening until size of small peas.
Cold water.....	¾ cup.....	1⅓ cups.....	2. Add water and mix just until dry ingredients are moistened. Cover and set aside for step 10.
Canned red tart pitted cherries, with juice.....	12 lb 14 oz.....	2 No. 10 cans.....	25 lb 12 oz.....	4 No. 10 cans.....	3. For filling: Drain cherries, reserving juice. Set cherries aside for step 8.
Water, as needed.....	4. For 50 servings, add enough water to cherry juice to make 2 qt liquid mixture. For 100 servings, add enough water to cherry juice to make 1 gal liquid mixture.
Cornstarch.....	10oz.....	2 1/4 cups.....	1lb 4oz.....	1qt 1/2 cup....	5. Mix cornstarch with about ¼ of the liquid mixture.
Sugar.....	2lb..2oz.....	1¼ cups.....	4 lb 4 oz.....	2 ½ qt.....	6. Bring remaining liquid mixture to boil. Add about ½ of the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after steps 7 and 8.
Reconstituted frozen lemon juice concentrate.....	1/4cup.....	1/2cup.....	7. Remove from heat. Blend remaining sugar and lemon juice thoroughly into mixture.

(Continued on back)

Cherry Cobbler (Continued)

Desserts C-6

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>8. Add cherries to thickened mixture. Stir lightly. Do not break up fruit.</p> <p>9. Pour 3¼ qt thickened cherry mixture into steam table pan (12"x20"x2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>10. Roll out pastry dough into rectangles (about 12"x20") on lightly floured surface. Use about 1 lb of dough for each pan.</p> <p>11. Cover cherries with pastry. Brush with pastry brush dipped in water. Cut slits in pastry.</p> <p>12. Bake until pastry is brown/filling bubbly: Conventional Oven 425°F, 1 hour Convection Oven 375°F, 40 minutes</p> <p>13. Cut each pan 5x5 (25 portions per pan).</p>

Serving: 1 portion provides ½ cup of fruit.

Yield: 50 servings: 2 steam table pans
 100 servings: 4 steam table pans

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
226.2	2	42.75	5.9	1.46	836.65	2.75	14.5	2.18	0	56.55	1.6

Country Fried Steak

Meat

Main Dishes D-21

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour..... Salt..... Black or white pepper.....	8 oz.....	1¾ cups..... 1 Tbsp..... 1 Tbsp.....	1 lb.....	3½ cups..... 2 Tbsp..... 2 Tbsp.....	1. Combine flour, salt, and pepper.
Dehydrated onions..... Raw ground beef (no more than 24% fat).....	2¾ oz..... 9 lb.....	¾ cup.....	5¼ oz..... 18 lb.....	1½ cups.....	2. Combine about ½ of the seasoned flour with onions and ground beef in mixer bowl. Mix for 2 minutes on low speed.
						3. Place 4 lb 8 oz (2¼ qt) ground beef into each sheet pan (18"x26"x1"). Pat or flatten meat with rolling pin to cover pan evenly. For 50 servings, use 2 sheet pans. For 100 servings, use 4 sheet pans. 4. Sprinkle remaining seasoned flour evenly over meat, about ½ cup per pan. Pat into meat. 5. Cut each pan 5x5 (25 portions per pan). 6. To Bake: Conventional Oven 375°F, 15 minutes Convection Oven 300°F, 10 minutes 7. Transfer steaks, browned side up, into steam table pans (12"x20"x2½"). For 50 servings, use 1 steam table pan. For 100 servings, use 2 steam table pans.
Butter or margarine..... All-purpose flour.....	4 oz..... 5 oz.....	½ cup..... 1 cup 2 Tbsp....	8 oz..... 10 oz.....	1 cup..... 2¼ cups.....	8. For brown gravy: Melt butter or margarine in stockpot. Blend in flour and cook on medium heat, stirring frequently until golden brown, 8- 10 minutes.

(Continued on back)

Country Fried Steak (Continued)

Main Dishes D-21

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Beef stock..... Onion powder..... Black or white pepper.....	2 qt ½ cup..... 2 tsp..... ¼ tsp.....	1 gal 1 cup..... 1 Tbsp 1 tsp.... ½ tsp.....	9. Slowly stir in beef stock, onion powder, and pepper. Blend well and bring to boil. Reduce heat. Simmer, stirring constantly until thickened, 6-8 minutes.
						10. Pour gravy over steaks, approximately 2 qt per pan. Cover pans. 11. To Bake: Conventional Oven 375°F, 15 minutes Convection Oven 300°F, 10 minutes 12. Serve 1 steak with gravy or on a roll.

Serving: 1 portion provides 2 ounces of cooked lean meat.

Yield: 50 servings: 1 steam table pan
100 servings: 2 steam table pans

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
214.5	15.6	7.3	13	5	70.4	1.1	14.3	1.9	59.4	446.6	.33

Preparing Instant Mashed Potatoes

Vegetables I-5

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
POTATO FLAKES:						1. Pour liquids into large bowl.
Boiling water.....	1 gal 2 cups.....	2¼ gal.....	
Reconstituted warm nonfat dry milk.....	1½ cups.....	3 qt.....	
Potato flakes.....	2 lb 1 oz.....	4 lb 2 oz.....	2. Add instant potato flakes, butter or margarine, and salt to liquids.
Butter or margarine.....	6 oz.....	¾ cup.....	12 oz.....	1½ cups.....	
Salt.....	1 Tbsp.....	2 Tbsp.....	
						3. Stir ½ minute to moisten potatoes. Stir an additional ½ minute to fluff. Avoid overmixing. (Use of mixer is not recommended.)
						4. Serve.
POTATO GRANULES:						1. Pour liquids into mixer bowl.
Boiling water.....	3½ qt.....	1¾ gal.....	
Reconstituted warm nonfat dry milk.....	1 qt ¾ cups.....	2 qt 1½ cups...	
Potato granules.....	2 lb 1 oz.....	4 lb 2 oz.....	2. Add instant potato granules, butter or margarine, and salt to liquids.
Butter or margarine.....	6 oz.....	¾ cup.....	12 oz.....	1½ cups.....	
Salt.....	1 Tbsp.....	2 Tbsp.....	
						3. Mix ½ minute to moisten potatoes. Beat an additional 1 minute until fluffy. (Use of mixer is recommended.)
						4. Serve.

NOTE: Since the starch content of potatoes can differ, adjustment of the liquid may be necessary. Increase or decrease the quantity of liquid as needed for a fluffy product.

Serving: ¼ cup (No. 8 scoop) provides ¼ cup vegetable.

*Yield: 50 servings; about 1½ gallons
100 servings; about 3 gallons*

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
101.4	2.7	16.7	2.9	1.7	104.1	15.8	45.2	.25	8.2	206.9	1.2

Rolls (Yeast)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Active dry yeast (see note) Water, warm (110 ° F)	1/3 cup 1 1/2 cups	3 1/4 oz	1/2 cup 2 Tbsp 3 cups	For best results, have all ingredients and utensils at room temperature. 1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
All-purpose or bread flour Noninstant, nonfat dry milk ... OR Instant nonfat dry milk Sugar Salt	3 lb 10 oz 3 1/2 oz OR 3 1/4 oz 5 3/4 oz	3 1/4 qt 2/3 cup OR 1 1/3 cups 3/4 cup 2 Tbsp 2 Tbsp	7 lb 4 oz 6 1/2 oz OR 6 1/2 oz 11 1/2 oz 2 1/2 oz	6 1/2 qt 1 1/3 cups OR 2 3/4 cups 1 1/2 cups 2 Tbsp 1/4 cup	2. Place all dry ingredients (flour, dry milk, sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.
Vegetable oil	3/4 cup 2 Tbsp	1 2/3 cups	3. Add oil and blend on low speed for approximately 2 minutes.
Water (68 ° F)	2 1/2 cups	1 1/4 qt	4. Add water. Mix on low speed for 1 minute. 5. Add dissolved yeast and mix on low speed for 2 minutes. 6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic. 7. Place dough in warm area (about 90 ° F) for 45-60 minutes. 8. Punch down dough to remove air bubbles. 9. Form rolls from dough by pinching off 2-oz pieces and shaping. Place rolls on lightly oiled sheet pans (18" x 26" x 1") in rows of 10 down and 5 across. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 10. Place in a warm area (about 90 ° F) until double in size, 30-50 minutes.

(Continued on back)

Rolls (Continued)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						11. Bake until lightly browned: Conventional oven: 400 ° F for 18-20 minutes. Convection oven: 350 ° F for 12-14 minutes.
Butter or margarine, melted (optional)	1 Tbsp	2 Tbsp	12. Optional: Brush lightly with melted butter or margarine (approximately 1 Tbsp per pan) while warm.

Serving: 1 2-ounce roll provides 2 servings of bread.

Yield: 50 servings: about 50 2-ounce rolls
100 servings: about 100 2-ounce rolls

NOTE: To use high-activity (instant) yeast, follow directions below or manufacturer's instructions.

50 servings: Omit step 1. In step 2, add 1/4 cup high-activity (instant) yeast. Continue with step 3. In step 4, add 1 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

100 servings: Omit step 1. In step 2, add 2 1/2 oz (1/2 cup) high-activity (instant) yeast. Continue with step 3. In step 4, add 2 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
174	4.4	30	4	.6	.55	0.11	29.2	1.7	.55	287.7	1.1

Stir-Fry (Chicken, Beef, Pork)

Meat • Vegetable

Main Dishes D-39

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Low-sodium soy sauce..... Cornstarch..... Ground ginger..... Granulated garlic..... White pepper..... 4 oz.....	1 cup..... ¾ cup 2 Tbsp ½ tsp..... 3 Tbsp..... 2 tsp..... 8 oz.....	2 cups..... 1¾ cups..... 1 tsp..... 6 Tbsp..... 1 Tbsp 1 tsp....	1. Dissolve cornstarch in soy sauce. Add spices.
Low-sodium chicken stock, non-MSG.....	2 qt.....	1 gal.....	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
Fresh mixed vegetables: Fresh broccoli, chopped..... Fresh carrots, peeled, ¼" slices..... Onions, diced..... OR †Frozen mixed Oriental vegetables..... Vegetable oil.....	5 lb 10 oz..... 5 lb 10 oz..... 1 lb 4 oz..... 12 lb 8 oz.....	2 gal..... 1 gal 2 cups..... 1 qt..... 3 gal 2 qt..... ½ cup.....	11 lb 4 oz..... 11 lb 4 oz..... 2 lb 8 oz..... 25 lb.....	4 gal..... 2 gal 1 qt..... 2 qt..... 1 cup.....	Prepare no more than 50 portions per batch. 4. Saute sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steam table pan. Keep warm.
Skinless, boneless chicken breasts, cut 2" x 2" Vegetable oil.....	9 lb..... 1 cup	18 lb..... 2 cups.....	5. Saute chicken in oil for 3 to 5 minutes until no signs of pink remain. Add chicken to vegetables in steam table pan. Add sauce and mix to coat chicken and vegetables. Heat to serving temperature.

†If using Oriental vegetables, add frozen vegetables to sauteed chicken in Step 5.

(Continued on back)

Stir-Fry (Continued)

Variations

a. Beef Stir-Fry

50 servings: Follow Steps 1–4. In Step 5, use 10 lb 4 oz of boneless beef top round, cut in ½" cubes. Sauté beef cubes for 2 to 3 minutes, until no signs of pink remain.

100 servings: Follow Steps 1–4. In Step 5, use 20 lb 8 oz of boneless beef top round, cut in ½" cubes. Sauté beef cubes for 2 to 3 minutes, until no signs of pink remain.

b. Pork Stir-Fry

50 servings: Follow Step 1–4. In Step 5, use 11 lb 9 oz of boneless pork shoulder or loin, cut in ½" cubes. Sauté pork cubes for 3 to 5 minutes, until no signs of pink remain.

100 servings: Follow Steps 1–4. In Step 5, use 23 lb 2 oz of boneless pork shoulder or loin, cut in ½" cubes. Sauté pork cubes for 3 to 5 minutes, until no signs of pink remain.

- Special Tips:**
- 1) For an authentic Oriental flavor, substitute ¼ cup of sesame oil for ¼ cup of vegetable oil to sauté chicken, for each 50 servings.
 - 2) Fresh vegetable mixes can be varied to include combinations of bean sprouts, broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.

*Serving: 1 cup (2 No. 8 scoops)
provides 2 ounces of meat and
5/8 cup of vegetable*

*Yield: 50 servings: 23 lb 4 oz
100 servings: 46 lb 8 oz*

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
208	22	12	8.1	1.4	13640	46	51	1.5	47	251	3

Oatmeal Cookies

Ingredients	50 Servings		200 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Brown sugar, packed..... White sugar..... Butter..... Vegetable shortening..... Vanilla..... Eggs.....	3 lb..... 3 lb..... 1 lb..... 1 lb..... 2 Tbsp..... 16 large.....	1. Cream butter, shortening, vanilla and sugars well. 2. Add eggs and beat until smooth and fluffy.
Flour, all-purpose..... Baking powder..... Salt..... Baking soda..... Raisins..... Oatmeal.....	4 lb ½ cup..... 2 Tbsp..... 2 Tbsp..... 2 Tbsp..... 2½ lb..... 4 lb ½ cup.....	3. Mix flour, baking soda, baking powder and salt together well. 4. Add raisins and oatmeal and mix well. 5. Add milk and creamed mixture and mix well. 6. Portion with No. 60 scoop onto parchment-lined baking sheets. 7. To Bake: Conventional Oven 350°F, 12-15 minutes Convection Oven 325°F, 10 minutes

Serving Size: 1 cookie

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
180.5	3.1	31.2	5.2	1.9	87.3	0.2	26.4	1.2	20.3	149.3	1.4

Potato Salad

Vegetable

Salads and Salad Dressings E-9

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Potatoes, as purchased.....	9 lb.....	18 lb.....	1. Steam potatoes at 5-6 pounds of pressure for 30-45 minutes. Cool, peel, and dice into ½" cubes.
Celery, chopped.....	1 lb.....	3¾ cups.....	2 lb.....	1 qt 3½ cups...	2. Add all other ingredients. Mix lightly until well blended. Chill at least 1 hour before serving.
Fresh onions, finely chopped...	7 oz.....	1 cup 2 Tbsp...	14 oz.....	2¼ cups.....	
Sweet pickle relish, undrained.....	6 oz.....	⅔ cup.....	12 oz.....	1⅓ cups.....	
Large eggs, hard-cooked, chopped (optional).....	1 lb 5 oz.....	12.....	2 lb 10 oz.....	24.....	
Mayonnaise or salad dressing.....	1 lb 8 oz.....	3 cups.....	3 lb.....	1½ qt.....	
Salt.....	1 Tbsp.....	2 Tbsp.....	
Black or white pepper.....	1 tsp.....	2 tsp.....	
Dry mustard.....	1 Tbsp.....	2 Tbsp.....	
						3. Portion with No. 8 scoop (½ cup).

Serving: ½ cup (No. 8 scoop) provides ½ cup of vegetable.

Yield: 50 servings: about 1½ gallons
100 servings: about 3 gallons

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
171.2	1.7	17.3	11.0	1.6	55.7	10.6	12.6	0.4	8.4	255.2	1.7

LUNCH MENUS/NUTRIENT ANALYSES - WEEK 5

MONDAY	Fat Grams	TUESDAY	Fat Grams
Nachos	21.60	Chicken Nuggets with Dip	13.00
Pinto Beans	0.30	Tator Tots	3.40
Lettuce and Tomato		Roll	4.00
Chilled Fruit and Juice		Chilled Fruit or Juice	
Lowfat White or Chocolate Milk	5.00	Lowfat White or Chocolate Milk	5.00
WEDNESDAY	Fat Grams	THURSDAY	Fat Grams
Macaroni and Cheese	10.10	Tuna Salad Sandwich	11.10
Green Beans		Veggie Sticks and Dip	1.00
Roll	4.00	Rice Pudding	0.90
Fresh Fruit or Juice		Lowfat White or Chocolate Milk	5.00
Lowfat White or Chocolate Milk	5.00		
FRIDAY	Fat Grams	Constant Values for:	Fat Grams
Sloppy Joe on a Bun	13.50	Milk Types: Chocolate and White, Whole	8.00
Whole-kernel Corn		2%	5.00
Fresh Fruit or Juice		1%	2.50
Oatmeal Cookie	10.00	Skim	0.40
Lowfat White or Chocolate Milk	5.00	Bread:	
		2 oz	4.00
		4 oz	8.00

Weekly Averages

	Calories	Protein (gms.)	Fat %	Saturated Fat %	Vitamin C (gms.)	Vitamin A (IU)	Iron (mgs.)	Calcium (mgs.)
Target	705.70	11.30	30.00	10.00	15.60	1,276.70	3.70	311.30
Actual	685.90	31.30	26.00	9.30	27.90	3,157.30	4.70	492.70

Lunch Production, Week 5

Monday	Tuesday	Wednesday	Thursday	Friday
Nachos 1 portion USDA D-28 Pinto Beans 1/3 cup boiled from dry or canned Lettuce and Tomato 1/4 cup chopped	Chicken Nuggets 2 oz ready-to-heat Dipping Sauce 1 oz USDA G-10 Tator Tots 1/4 cup ready-to-heat Roll 2 oz USDA B-16	Macaroni and Cheese 1 portion USDA D-51 Green Beans 1/4 cup frozen or canned Roll 2 oz USDA B-16	Tuna Salad Sandwich 1 sandwich USDA F-8 Veggie Sticks 1/4 cup carrots and 1/4 cup celery Lowfat Ranch Dip 1/2 portion USDA E-19 Rice Pudding 1 portion USDA C-15	Sloppy Joe on a Bun 1 sandwich USDA F-5 Whole-kernel Corn 1/4 cup frozen or canned Oatmeal Cookie 1 cookie USDA C-25
NOTES	NOTES	NOTES	NOTES	NOTES

Nachos with Ground Beef

Meat/Meat Alternate-Bread Alternate

Main Dishes D-28

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat)..... †Seasonings Chili powder..... Ground cumin..... Paprika..... Onion powder.....	4 lb 6 oz..... 2 Tbsp..... 1 Tbsp 1½ tsp 1½ tsp..... 1½ tsp.....	8 lb 12 oz..... ¼ cup..... 3 Tbsp..... 1 Tbsp..... 1 Tbsp.....	1. Brown ground beef and seasonings.
Reconstituted nonfat dry milk..... Process American cheese, shredded..... Butter or margarine..... 3 lb 6 oz..... 4 oz.....	1 qt..... 3 qt 2½ cups... ½ cup..... 6 lb 12 oz..... 8 oz.....	2 qt..... 1 gal ¾ qt..... 1 cup.....	
Green chili peppers, chopped (optional).....	2 oz.....	¼ cup.....	4 oz.....	½ cup.....	3. Add green chili peppers (optional) and stir to combine.
Taco shell pieces.....	2 lb 6 oz.....	1 gal 2¼ qt.....	4 lb 11 oz.....	3¼ gal.....	4. To maintain best consistency, serve immediately or keep warm. Portion 2½ oz (⅓ cup) over ¾ oz (½ cup) taco shell pieces. 5. If desired, garnish with chopped green peppers, chopped tomatoes, and chopped green chili peppers.

†Mexican Seasoning Mix (see G-1, Sauces, Gravies, and Seasoning Mixes) may be

used to replace these ingredients. For 50 servings, use ¼ cup 1½ tsp Mexican Seasoning

Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

Serving: 1 portion provides the equivalent of 2 ounces of cooked lean meat and 1 serving of bread alternate.

Yield: 50 servings: about 1 gallon
100 servings: about 2 gallons

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
317	16.1	15.1	21.5	10.0	664	.4	254	1.4	59	571	1.7

Honey Barbecue Sauce

Sauces, Gravies, and Seasoning Mixes G-10

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Dried onions..... Hot water..... Margarine or butter..... 6 oz.....	2 Tbsp..... 2 Tbsp..... ¾ cup..... 12 oz.....	¼ cup..... ¼ cup..... 1½ cups.....	1. Reconstitute onions in an equal amount of hot water. Do not drain. 2. Melt margarine or butter in stock pot or steam-jacketed kettle and add onions. Saute onions until lightly browned, about 5 minutes.
Honey..... White pepper..... Paprika..... Prepared yellow mustard..... Worcestershire sauce..... Catsup..... Granulated garlic..... White vinegar..... Tomato paste.....	2 lb..... 8 oz.....	1 qt..... 1 Tbsp..... 2 Tbsp..... 1 Tbsp..... 2 Tbsp..... 3 cups..... 1 tsp..... ½ cup..... 1 cup.....	4 lb..... 1 lb.....	2 qt..... 2 Tbsp..... ¼ cup..... 2 Tbsp..... ¼ cup..... 1 qt 2 cups..... 2 tsp..... 1 cup..... 2 cups.....	3. Add remaining ingredients and allow to simmer, uncovered, for 20 to 30 minutes. 4. Use to baste chicken or meat during cooking, or as a dipping sauce for chicken and fish nuggets.

Serving Size: 2 Tbsp (1 oz ladle)

Yield: 50 servings: 4 lb 6 oz
100 servings: 8 lb 12 oz
Volume: 50 servings: 1 qt 2¼ cups
100 servings: 3 qt ½ cup

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
104	1	21	2.9	.6	735	5	10	.5	0	241	1

Rolls (Yeast)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Active dry yeast (see note) Water, warm (110 ° F)	1/3 cup 1 1/2 cups	3 1/4 oz	1/2 cup 2 Tbsp 3 cups	For best results, have all ingredients and utensils at room temperature. 1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
All-purpose or bread flour Noninstant, nonfat dry milk ... OR Instant nonfat dry milk Sugar Salt	3 lb 10 oz 3 1/2 oz OR 3 1/4 oz 5 3/4 oz	3 1/4 qt 2/3 cup OR 1 1/3 cups 3/4 cup 2 Tbsp 2 Tbsp	7 lb 4 oz 6 1/2 oz OR 6 1/2 oz 11 1/2 oz 2 1/2 oz	6 1/2 qt 1 1/3 cups OR 2 3/4 cups 1 1/2 cups 2 Tbsp 1/4 cup	2. Place all dry ingredients (flour, dry milk, sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.
Vegetable oil	3/4 cup 2 Tbsp	1 2/3 cups	3. Add oil and blend on low speed for approximately 2 minutes.
Water (68 ° F)	2 1/2 cups	1 1/4 qt	4. Add water. Mix on low speed for 1 minute. 5. Add dissolved yeast and mix on low speed for 2 minutes. 6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic. 7. Place dough in warm area (about 90 ° F) for 45-60 minutes. 8. Punch down dough to remove air bubbles. 9. Form rolls from dough by pinching off 2-oz pieces and shaping. Place rolls on lightly oiled sheet pans (18" x 26" x 1") in rows of 10 down and 5 across. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 10. Place in a warm area (about 90 ° F) until double in size, 30-50 minutes.

(Continued on back)

Rolls (Continued)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						11. Bake until lightly browned: Conventional oven: 400 ° F for 18-20 minutes. Convection oven: 350 ° F for 12-14 minutes.
Butter or margarine, melted (optional)	1 Tbsp	2 Tbsp	12. Optional: Brush lightly with melted butter or margarine (approximately 1 Tbsp per pan) while warm.

Serving: 1 2-ounce roll provides 2 servings of bread.

Yield: 50 servings: about 50 2-ounce rolls
100 servings: about 100 2-ounce rolls

NOTE: To use high-activity (instant) yeast, follow directions below or manufacturer's instructions.

50 servings: Omit step 1. In step 2, add 1/4 cup high-activity (instant) yeast. Continue with step 3. In step 4, add 1 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

100 servings: Omit step 1. In step 2, add 2 1/2 oz (1/2 cup) high-activity (instant) yeast. Continue with step 3. In step 4, add 2 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
174	4.4	30	4	.6	.55	0.11	29.2	1.7	.55	287.7	1.1

New Macaroni and Cheese

Meat Alternate • Grains/Breads

Main Dishes D-51

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Elbow macaroni.....	2 lb 10 oz.....	2 qt 2 cups.....	5 lb 4 oz.....	1 gal 1 qt.....	1. Cook macaroni in steam-jacketed kettle until firm-tender, 8 minutes. Drain and rinse in cold water.
Margarine or butter.....	12 oz.....	1½ cups.....	1 lb 8 oz.....	3 cups.....	2. Melt margarine or butter in a stock pot or steam-jacketed kettle. 3. Combine flour, salt, dry mustard, white pepper, and paprika in a bowl. Add to the melted margarine. Cook this for 2 minutes over medium heat, stirring continuously. Do not brown. 4. Heat milk in stockpot to a simmer, then slowly add milk to the flour mixture, stirring continuously. Cook until smooth and thickened.
All-purpose flour.....	12 oz.....	2¼ cups.....	1 lb 8 oz.....	1 qt ½ cup.....	
Salt.....	1 Tbsp 2 tsp....	3 Tbsp 1 tsp....	
Dry mustard.....	1 Tbsp.....	2 Tbsp.....	
White pepper.....	1 tsp.....	2 tsp.....	
Paprika.....	1 Tbsp.....	2 Tbsp.....	
Lowfat milk or reconstituted nonfat dry milk.....	1 gal 1 qt.....	2 gal 2 qt.....	
Worcestershire sauce.....	2 tsp.....	1 Tbsp 1 tsp....	5. Add Worcestershire sauce, shredded Cheddar cheese, and Parmesan cheese to the white sauce. Stir over low heat until cheese melts. 6. Combine well-drained macaroni and sauce. Mix well. Place 10 lb 6 oz (1 gal 1 qt) into each 12" x 20" x 2½" steam table pan. Cover with a lid or foil.
Lowfat Cheddar cheese, shredded.....	2 lb 8 oz.....	2 qt 2 cups.....	5 lb.....	1 gal 1 qt.....	
Parmesan cheese, grated.....	4 oz.....	1 cup.....	8 oz.....	2 cups.....	
Soft bread crumbs.....	6 oz.....	2 cups.....	12 oz.....	1 qt.....	To Bake: Conventional Oven 350°F, 30 minutes Convection Oven 325°F, 25 minutes Until thoroughly heated.
Lowfat Cheddar cheese, shredded.....	1 lb.....	1 qt.....	2 lb.....	2 qt.....	
						7. Combine the bread crumbs and shredded Cheddar cheese in a bowl. Sprinkle 11 oz (3 cups) over each pan. 8. Bake an additional 5 minutes, uncovered, until lightly browned. 9. Each pan serves 25.

(Continued on back)

New Macaroni and Cheese (Continued)

- Special Tip:**
- 1) Macaroni and cheese may also be combined in the steam table pan. Place 3 lb 1 oz (2 qt 2 cups) of well-drained macaroni and 7 lb 5 oz (2 qt 3 cups) of sauce in each 12" x 20" x 2½" steam table pan. Stir to combine, then proceed with Step 6.
 - 2) Fresh sliced tomatoes (½ ounce/portion) make an excellent garnish.

Serving Size: 1 cup
provides 1 ounce of cheese and 1 serving
of grains/breads

Yield: 50 servings: 21 lb 12 oz
100 servings: 43 lb 8 oz

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
277	16	30	10.1	3.7	599	1	296	1.6	12	604	1

Tuna Salad Sandwich

Meat-Bread

Sandwiches F-8

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned tuna, water pack, chunk	8 lb 5 oz	2 66 1/2 oz cans	16 lb 10 oz	4 66 1/2 oz cans	1. Drain and flake tuna.
Dehydrated onions	1/4 cup 2 Tbsp	2 1/2 oz	3/4 cup	2. Combine tuna, onions, celery, pickle relish, dry mustard, eggs (optional), and mayonnaise or salad dressing. Mix lightly until well blended. 3. Cover and refrigerate until ready to use.
Celery, chopped	2 lb	1 qt 3 1/2 cups	4 lb	3 3/4 qt	
Sweet pickle relish, undrained	8 3/4 oz	1 cup	1 lb 1 1/2 oz ...	2 cups	
Dry mustard	1 1/2 tsp	1 Tbsp	
Large eggs, hard cooked, chopped (optional)	14 oz	8	1 lb 12 1/2 oz	16	4. Portion with No 8 scoop (1/2 cup) on a slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until ready to serve.
Mayonnaise or salad dressing	2 lb 11 oz	1 qt 1 1/2 cups	5 lb 6 oz	2 3/4 qt	
Bread	100 slices	200 slices	

Serving: 1 sandwich provides 2 ounces of cooked fish and 2 servings of bread.

Yield: 50 servings: About 1 1/2 gallons
100 servings: About 3 gallons

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
413.6	24.1	29.5	22.0	3.4	142.6	1.9	79.2	3.0	37.0	730.4	1.6

Ranch Dressing

Salads and Salad Dressings E-19

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Buttermilk..... Lemon juice.....	3¼ cups..... 1 Tbsp 1 tsp....	1 qt 2½ cups... 2 Tbsp 2 tsp....	1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to rest for 10 minutes.
Plain lowfat yogurt..... Sour cream.....	10 oz..... 4 oz.....	1¼ cups..... ½ cup.....	1 lb 4 oz..... 8 oz.....	2½ cups..... 1 cup.....	2. Using a paddle attachment, blend in the yogurt and sour cream. Let mixture rest for 5 more minutes.
Lowfat mayonnaise..... Onion powder..... Garlic powder..... White pepper..... Dried chives..... Dried parsley..... Salt.....	13 oz.....	1⅔ cups..... 2 Tbsp..... 2 Tbsp..... ½ tsp..... 1 tsp..... 1 Tbsp..... 2 tsp.....	1 lb 10 oz.....	3⅓ cups..... 4 Tbsp..... 4 Tbsp..... 1 tsp..... 2 tsp..... 2 Tbsp..... 1 Tbsp 1 tsp....	3. Add rest of ingredients to mixture in mixing bowl. Mix on low speed for 2 to 3 minutes until blended. 4. Chill at least 12 hours before serving to allow to thicken.

Special Tip: Add an additional 8 oz of lowfat mayonnaise per 50 servings for an excellent vegetable dip.

Serving: 2 Tbsp (1 ounce ladle)

Yield: 50 servings: 3 lb 5 oz
100 servings: 6 lb 10 oz
Volume: 50 servings: 1 qt 2¼ cups
100 servings: 3 qt ½ cup

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
34	1	3	2.1	.7	39	1	33	.1	4	152	0

Orange Rice Pudding

Desserts C-33

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
White long-grain rice..... Water.....	2 lb.....	1 qt ½ cup..... 2 qt 1 cup.....	4 lb.....	2 qt 1 cup..... 1 gal 2 cups.....	1. Place 2 lb of rice and 2 qt of water in each 12"x20"x2½" steam table pan. Cover with foil or a metal lid. To Bake: Conventional Oven 350°F, 35 minutes Convection Oven 325°F, 25 minutes Steamer 20 minutes, until tender 2. Set aside to cool for at least 1 hour.
Sugar..... Lowfat milk..... Orange rind, grated..... Ground cinnamon (optional)..... Vanilla..... Raisins (optional).....	1 lb..... 6 oz.....	2 cups..... 2 qt..... ¼ cup 2 Tbsp ½ tsp..... 2 Tbsp..... 1 cup.....	2 lb..... 12 oz.....	1 qt..... 1 gal..... ¾ cup..... 1 tsp..... ¼ cup..... 2 cups.....	3. Mix sugar, milk, orange rind, cinnamon (optional), vanilla, and raisins (optional) in a mixing bowl. Pour 3 qt 2 cups (5 lb) of this mixture over each pan of cooled rice. Cover each pan with foil or metal lid. 4. To Bake: Conventional Oven 375°F, 55 minutes Convection Oven 350°F, 45 minutes Bake until set. 5. Refrigerate for 2-3 hours before serving. 6. Each pan serves 50.

Special Tip: Rice may be cooked a day ahead.

Serving: ⅓ cup (No. 12 scoop)

Yield: 50 servings: 10 lb 4 oz
100 servings: 20 lb 8 oz

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
120	3	26	.5	.3	83	1	55	.8	1.5	22	0

Sloppy Joe on Roll

Meat-Vegetable-Bread

Sandwiches F-5

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat)	8 lb 10 oz	17 lb 4 oz	1. Brown ground beef. Drain.
Dehydrated onions OR Fresh onions, chopped 9 oz	1/3 cup OR 1 1/2 cups	2 1/4 oz OR 1 lb 2 oz	2/3 cup OR 3 cups	2. Add onions and garlic powder. Cook for 5 minutes. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer for 25-30 minutes. 3. Pour ground beef mixture into serving pans.
Garlic powder	1 Tbsp	2 Tbsp	
Tomato paste	1 lb 12 oz	1/4 No. 10 can	3 lb 8 oz	1/2 No. 10 can	
Catsup	1 lb 13 oz	1/4 No. 10 can	3 lb 9 oz	1/2 No. 10 can	
Water	1 qt 1 3/4 cups	2 qt 3 1/2 cups 2	
Vinegar	1 cup 2 Tbsp	1/4 cups	
Dry mustard	2 Tbsp	1/4 cup	
Black pepper	1 tsp	2 tsp	
Brown sugar, packed	2 3/4 oz	1/4 cup 2 Tbsp	5 1/2 oz	3/4 cup	
Hamburger rolls	50	100	4. Portion with No. 12 scoop (1/3 cup) onto bottom half of each roll. cover with top half of roll.

Serving: 1 sandwich provides 2 ounces of cooked lean meat, 1/4 cup of vegetable, and 2 servings of bread.

Yield: 50 servings: about 1 1/4 gallons
100 servings: about 2 1/2 gallons

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
316.4	18.5	31.7	12.8	4.6	558.1	9.7	81.1	3.2	47.7	488.1	2.2

Oatmeal Cookies

Ingredients	50 Servings		200 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Brown sugar, packed..... White sugar..... Butter..... Vegetable shortening..... Vanilla..... Eggs.....	3 lb..... 3 lb..... 1 lb..... 1 lb..... 2 Tbsp..... 16 large.....	1. Cream butter, shortening, vanilla and sugars well. 2. Add eggs and beat until smooth and fluffy.
Flour, all-purpose..... Baking powder..... Salt..... Baking soda..... Raisins..... Oatmeal.....	4 lb ½ cup..... 2 Tbsp..... 2 Tbsp..... 2 Tbsp..... 2½ lb..... 4 lb ½ cup.....	3. Mix flour, baking soda, baking powder and salt together well. 4. Add raisins and oatmeal and mix well. 5. Add milk and creamed mixture and mix well. 6. Portion with No. 60 scoop onto parchment-lined baking sheets. 7. To Bake: Conventional Oven 350°F, 12-15 minutes Convection Oven 325°F, 10 minutes

Serving Size: 1 cookie

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
180.5	3.1	31.2	5.2	1.9	87.3	0.2	26.4	1.2	20.3	149.3	1.4

LUNCH MENUS/NUTRIENT ANALYSES - WEEK 6

MONDAY	Fat Grams	TUESDAY	Fat Grams
Corn Chip Pie	18.60	Baked Ham	2.80
Whole-kernel Corn		Baked Sweet Potatoes with Apples	1.40
Tossed Garden Salad		Roll	4.00
Lowfat Salad Dressing	2.10	Pineapple Upside-down Cake	4.00
Chilled Fruit or Juice		Alternate: Fresh Fruit or Juice	0.00
Lowfat White or Chocolate Milk	5.00	Lowfat White or Chocolate Milk	5.00
WEDNESDAY	Fat Grams	THURSDAY	Fat Grams
Chicken Salad Sandwich	17.10	Red Chili Enchiladas or Green (see recipe section)	13.30
Veggie Sticks and Dip	2.10	Pinto Beans	0.30
Peach Cobbler	2.10	Jello/Fresh Fruit or Fruit Juice	
Alternate: Fresh Fruit or Juice	0.00	Lowfat White or Chocolate Milk	5.00
Lowfat White or Chocolate Milk	5.00		
FRIDAY	Fat Grams	Constant Values for:	Fat Grams
Barbecued Chicken on a Bun	10.00	Milk Types: Chocolate and White, Whole	8.00
Potato Wedges	0.20	2%	5.00
Fresh Fruit or Juice		1%	2.50
Royal Brownies	3.80	Skim	0.40
Lowfat White or Chocolate Milk	5.00	Bread:	
		2 oz	4.00
		4 oz	8.00

Weekly Averages

	Calories	Protein (gms.)	Fat %	Saturated Fat %	Vitamin C (gms.)	Vitamin A (IU)	Iron (mgs.)	Calcium (mgs.)
Target	705.70	11.30	30.00	10.00	15.60	1,276.70	3.70	311.30
Actual	699.30	32.60	21.50	7.30	42.50	5,461.70	5.10	472.10

Lunch Production, Week 6

Monday	Tuesday	Wednesday	Thursday	Friday
Chili con Carne 1 portion USDA D-20 Corn Chips Approx. 1 oz chips Whole-kernel Corn 1/4 cup frozen or canned Tossed Garden Salad Lowfat Ranch Salad Dressing 1 portion USDA E-19	Baked Ham 2 oz cured boneless baked Baked Sweet Potatoes with Apple 1 portion USDA I-7 Roll 2 oz USDA B-16 Pineapple Upside-down Cake 1 portion USDA C-20B	Chicken Salad Sandwich 1 portion USDA E-5 4 oz USDA B-16 Veggie Sticks 1/4 cup carrots and 1/4 cup celery Lowfat Ranch Dip 1 portion USDA E-19 Peach Cobbler 1 portion USDA C-13 or Fresh Fruit or Juice	Red Chili Enchiladas 1 portion New Mexico recipe Pinto Beans 1/3 cup boiled from dry or canned Jello, any flavor 1 portion USDA C-11, alone or mixed with fruit serving for the day	Barbecued Chicken 1 portion USDA F-2A Potato Wedges 2 oz or 1/2 cup frozen Royal Brownies 1 portion USDA C-21
NOTES	NOTES	NOTES	NOTES	NOTES

Corn Chip Pie

Meat/Meat Alternate-Vegetable

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat).....	7 lb.....	14 lb.....	1. Brown ground beef. Drain. Rinse with hot water.
Dehydrated onions..... OR Fresh onions, chopped..... Garlic powder..... Green pepper, chopped (optional)..... Black pepper..... †Seasonings Chili powder..... Paprika..... Onion powder..... Ground cumin.....	2 oz..... OR 1 lb..... 8 oz.....	½ cup 1 Tbsp OR 2⅔ cups..... 1 Tbsp 1½ tsp 1½ cups..... 2 tsp..... 3 Tbsp..... 1 Tbsp..... 1 Tbsp..... 2 Tbsp.....	4 oz..... OR 2 lb..... 1 lb..... 2 oz.....	1 cup 2 Tbsp.... OR 5⅓ cups..... 3 Tbsp..... 3 cups..... 1 Tbsp 1 tsp.... ¼ cup 2 Tbsp 2 Tbsp..... 2 Tbsp..... ¼ cup.....	2. Add onions, garlic powder, green pepper (optional), pepper, and seasonings. Cook for 5 minutes.
Canned tomatoes, with liquid, chopped..... Water..... Tomato paste.....	3 lb 3 oz..... 1 lb 12 oz.....	½ No. 10 can 2¼ qt..... ¼ No. 10 can	6 lb 6 oz..... 3 lb 8 oz.....	1 No. 10 can.... 1 gal 2 cups.... ½ No. 10 can...	3. Stir in tomatoes, water, and tomato paste; mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.
Canned pinto or kidney beans, drained..... OR Cooked dry pinto or kidney beans (see preparation note).....	3 lb 6 oz..... OR 2 lb 1 oz.....	½ No. 10 can OR 1 qt 1½ cups...	6 lb 12 oz..... OR 4 lb 2 oz.....	1 No. 10 can.... OR 2¾ qt.....	4. Stir in beans. Cover and simmer about 10 minutes or until hot.
						5. Pour into serving pans.
Corn chips..... Cheddar cheese, shredded (optional).....	50 oz..... 1 lb 8 oz..... 1¾ qt.....	100 oz..... 3 lb..... 3½ qt.....	6. Portion with 4-oz ladle (½ cup). Add corn chips. Garnish with cheese (optional).

†Mexican Seasoning Mix (see G-1, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ⅓ cup 1 Tbsp 2 tsp Mexican Seasoning Mix. For 100 servings, use ¾ cup 2 Tbsp Mexican Seasoning Mix.

(Continued on back)

Corn Chip Pie (Continued)

PREPARATION NOTE:

SOAKING BEANS

Overnight method: Add 1½ qt cold water to every lb of dry beans. Cover.

Quick-soak method: Boil 1½ qt cold water to every lb of dry beans. Pour beans in and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans. Boil gently with lid until tender, about 2 hours.

1 lb dry beans = about 2½ cups dry or 6½ cups cooked beans.

Serving: 1 piece
provides 1 serving of grains/breads

Variation

a. Corn Chip Pie Without Beans

50 servings: In step 1, use 8 lb 10 oz raw ground beef. Continue with steps 2 and 3. In step 4, omit pinto or kidney beans. Continue with steps 5 and 6.

100 servings: In step 1, use 17 lb 4 oz raw ground beef. Continue with steps 2 and 3. In step 4, omit pinto or kidney beans. Continue with steps 5 and 6.

Yield: 50 servings: 7 lb 1 oz
100 servings: 14 lb 2 oz

Nutrients Per Serving

Calories	Protein (grams)	Carbs (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
330.7	15.8	26.5	18.6	4.8	866.5	12.5	70.8	2.9	36.7	270.8	4.4

Ranch Dressing

Salads and Salad Dressings E-19

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Buttermilk..... Lemon juice.....	3¼ cups..... 1 Tbsp 1 tsp....	1 qt 2½ cups... 2 Tbsp 2 tsp....	1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to rest for 10 minutes.
Plain lowfat yogurt..... Sour cream.....	10 oz..... 4 oz.....	1¼ cups..... ½ cup.....	1 lb 4 oz..... 8 oz.....	2½ cups..... 1 cup.....	2. Using a paddle attachment, blend in the yogurt and sour cream. Let mixture rest for 5 more minutes.
Lowfat mayonnaise..... Onion powder..... Garlic powder..... White pepper..... Dried chives..... Dried parsley..... Salt.....	13 oz.....	1⅔ cups..... 2 Tbsp..... 2 Tbsp..... ½ tsp..... 1 tsp..... 1 Tbsp..... 2 tsp.....	1 lb 10 oz.....	3⅓ cups..... 4 Tbsp..... 4 Tbsp..... 1 tsp..... 2 tsp..... 2 Tbsp..... 1 Tbsp 1 tsp....	3. Add rest of ingredients to mixture in mixing bowl. Mix on low speed for 2 to 3 minutes until blended. 4. Chill at least 12 hours before serving to allow to thicken.

Special Tip: Add an additional 8 oz of lowfat mayonnaise per 50 servings for an excellent vegetable dip.

Serving: 2 Tbsp (1 ounce ladle)

Yield: 50 servings: 3 lb 5 oz
100 servings: 6 lb 10 oz
Volume: 50 servings: 1 qt 2¼ cups
100 servings: 3 qt ½ cup

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
34	1	3	2.1	.7	39	1	33	.1	4	152	0

Baked Sweet Potatoes and Apples

Vegetable/Fruit

Vegetables I-7

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned cut sweet potatoes, drained	3 lb 5 oz	3/4 No. 10 can	6 lb 10 oz	1 1/2 No. 10 cans	1. Place 3 lb 5 oz (1 qt 3 1/2 cups) sweet potatoes into each steam table pan (12" x 20" x 2 1/2"), which has been lightly greased. For 50 servings, use 1 steam table pan. For 100 servings, use 2 steam table pans.
Canned unsweetened sliced apples, with juice	2 lb 5 1/2 oz ...	1 qt 3/4 cup	4 lb 11 oz	3/4 No. 10 can	2. Place 2 lb 5 1/2 oz (1 qt 3/4 cup) apples over sweet potatoes in each pan.
Brown sugar, packed	5 1/2 oz	3/4 cup	11 oz	1 1/2 cups	3. Combine brown sugar, cinnamon, and nutmeg (optional).
Ground cinnamon	1 tsp	2 tsp	4. Sprinkle 3/4 cup sugar mixture over apples in each pan.
Ground nutmeg (optional)	1 tsp	2 tsp	
Butter or margarine	2 1/2 oz	1/3 cup	5 1/4 oz	2/3 cup	5. Dot each pan with 1/3 cup butter or margarine.
Water	3/4 cup	1 1/2 cups	6. Add 3/4 cup water to each pan. 7. To Bake: Conventional oven: 350 ° F for 25-30 minutes Convection oven: 300 ° F for 15-20 minutes 8. Portion 1/4 cup per serving.

Serving: 1/4 cup provides 1/4 cup of vegetable and fruit.

Yield: 50 servings: 1 steam table pan
100 servings: 2 steam table pans

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
66.1	.5	13.5	1.4	.78	2199.6	3.1	9.7	0.4	3.4	25.7	1.4

Rolls (Yeast)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Active dry yeast (see note) Water, warm (110 ° F)	1/3 cup 1 1/2 cups	3 1/4 oz	1/2 cup 2 Tbsp 3 cups	For best results, have all ingredients and utensils at room temperature. 1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
All-purpose or bread flour Noninstant, nonfat dry milk ... OR Instant nonfat dry milk Sugar Salt	3 lb 10 oz 3 1/2 oz OR 3 1/4 oz 5 3/4 oz	3 1/4 qt 2/3 cup OR 1 1/3 cups 3/4 cup 2 Tbsp 2 Tbsp	7 lb 4 oz 6 1/2 oz 6 1/2 oz 11 1/2 oz 2 1/2 oz	6 1/2 qt 1 1/3 cups OR 2 3/4 cups 1 1/2 cups 2 Tbsp 1/4 cup	2. Place all dry ingredients (flour, dry milk, sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.
Vegetable oil	3/4 cup 2 Tbsp	1 2/3 cups	3. Add oil and blend on low speed for approximately 2 minutes.
Water (68 ° F)	2 1/2 cups	1 1/4 qt	4. Add water. Mix on low speed for 1 minute. 5. Add dissolved yeast and mix on low speed for 2 minutes. 6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic. 7. Place dough in warm area (about 90 ° F) for 45-60 minutes. 8. Punch down dough to remove air bubbles. 9. Form rolls from dough by pinching off 2-oz pieces and shaping. Place rolls on lightly oiled sheet pans (18" x 26" x 1") in rows of 10 down and 5 across. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 10. Place in a warm area (about 90 ° F) until double in size, 30-50 minutes.

(Continued on back)

Rolls (Continued)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						11. Bake until lightly browned: Conventional oven: 400 ° F for 18-20 minutes. Convection oven: 350 ° F for 12-14 minutes.
Butter or margarine, melted (optional)	1 Tbsp	2 Tbsp	12. Optional: Brush lightly with melted butter or margarine (approximately 1 Tbsp per pan) while warm.

Serving: 1 2-ounce roll provides 2 servings of bread.

Yield: 50 servings: about 50 2-ounce rolls
100 servings: about 100 2-ounce rolls

NOTE: To use high-activity (instant) yeast, follow directions below or manufacturer's instructions.

50 servings: Omit step 1. In step 2, add 1/4 cup high-activity (instant) yeast. Continue with step 3. In step 4, add 1 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

100 servings: Omit step 1. In step 2, add 2 1/2 oz (1/2 cup) high-activity (instant) yeast. Continue with step 3. In step 4, add 2 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
174	4.4	30	4	.6	.55	0.11	29.2	1.7	.55	287.7	1.1

Pineapple Upside Down Cake

Desserts C-20b

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	1 lb 14 oz	1 qt 2 3/4 cups	3 lb 12 oz	3 qt 1 1/2 cups	1. Blend flour, sugar, dry milk, baking powder, and salt for 1 minute in mixer on low speed.
Sugar	1 lb 14 oz	1 qt 1/4 cup ...	3 lb 12 oz	2 qt 1/2 cup	
Non-instant, nonfat dry milk	2 1/2 oz	1/2 cup	5 oz	1 cup	
OR	OR	OR	OR	OR	
Instant nonfat dry milk	2 1/2 oz	1 cup	5 oz	2 cups	
Baking powder	1/4 cup	3 oz	1/2 cup	2. Combine eggs, vanilla, and water. Add shortening and about half the liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Beat for 6 minutes on medium speed.
Salt	1 1/2 tsp	1 Tbsp	
Large eggs (see note)	14 oz	8	1 lb 12 1/2 oz	16	
Vanilla	1 Tbsp	2 Tbsp	
Water	3 cups	1 1/2 qt	
Shortening	13 oz	2 cups	1 lb 10 oz	1 qt	3. Add remaining liquid mixture. Blend for 30 seconds on low speed. Beat for 2 minutes on medium speed.
Butter or margarine, melted ..	6 oz	3/4 cup	12 oz	1 1/2 cups	
Brown sugar, packed	1 lb	2 1/4 cups	2 lb	4 1/2 cups	
Crushed pineapple, drained ...	2 lb 10 oz	1 qt 3/4 cup ..	5 lb 4 oz	2 qt 1 1/2 cups	
						4. Pour 6 oz (3/4 cup) melted butter or margarine into 1 sheet pan (18"x 26"x1") for 50 servings or 2 sheet pans for 100 servings. Sprinkle each pan evenly with 1 lb (2 1/4 cups) brown sugar. Spread 2 lb 10 oz (1 qt 3/4 cup) pineapple over brown sugar in each pan. Pour 7 lb 2 oz (1 gal) cake batter into each pan.
						5. Bake until lightly browned: Conventional oven: 375 degrees F for 40-45 minutes Convection oven: 325 degrees F for 25-30 minutes

(Continued on back)

Pineapple Upside Down Cake (Continued)

Desserts C-20b

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						6. Cool. Cut each pan 5x10 (50 pieces per pan) and serve inverted on individual dishes. Or, let sit approximately 10 minutes and invert while still warm onto another sheet pan (18"x26"x1"), or 2 sheet pans if for 100. Cut each pan into 5x10 pieces.

Serving: 1 piece. One piece provides 1/8 cup of fruit.

Yield: 50 servings: 1 sheet pan
100 servings: 2 sheet pans

Note:

50 servings: Use 4 oz (1 1/3 cups) dried whole eggs and 1 1/3 cups water in place of shell eggs.

100 servings: Use 8 oz (2 2/3 cups) dried whole eggs and 2 2/3 cups water in place of shell eggs.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
282.5	3.4	43.1	11.2	3.8	161.0	1.8	87.1	1.3	42.2	210.3	0.7

Chicken or Turkey Salad

Meat

Salads and Salad Dressings E-5

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Cooked chicken or turkey, chopped.....	6 lb 6 oz.....	1¼ gal.....	12 lb 12 oz.....	2½ gal.....	1. Combine chicken or turkey, celery, onions, pickle relish, pepper, and dry mustard. Add mayonnaise or salad dressing. Mix lightly until well blended.
Celery, chopped.....	1 lb 5 oz.....	1¼ qt.....	2 lb 10 oz.....	2½ qt.....	
Dehydrated onions.....	¼ cup 2 Tbsp	3 oz.....	¾ cup 2 Tbsp	
OR	OR	OR	OR	OR	
Fresh onions, chopped.....	12 oz.....	2 cups.....	1 lb 8 oz.....	1 qt.....	
Sweet pickle relish, undrained.....	15 oz.....	1¾ cups.....	1 lb 14 oz.....	3½ cups.....	
Black or white pepper.....	2 tsp.....	1 Tbsp 1 tsp....	
Dry mustard.....	1 Tbsp 1½ tsp	3 Tbsp.....	
Mayonnaise or salad dressing.....	1 lb 9½ oz.....	3¾ cups.....	3 lb 3 oz.....	1 qt 2½ cups...	
						2. Cover. Refrigerate until ready to serve. 3. Portion with No. 8 scoop (½ cup). 4. Serve on salad greens or in sandwiches.

Serving: ½ cup (No. 8 scoop) provides 2 ounces of cooked poultry.

Yield: 50 servings: about 1¼ gallons

100 servings: about 3½ gallons

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
223.7	16.2	4.7	15.5	2.8	98.7	1.6	19.7	.94	56.4	201.1	.47

Rolls (Yeast)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Active dry yeast (see note) Water, warm (110 ° F)	1/3 cup 1 1/2 cups	3 1/4 oz	1/2 cup 2 Tbsp 3 cups	For best results, have all ingredients and utensils at room temperature. 1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
All-purpose or bread flour Noninstant, nonfat dry milk ... OR Instant nonfat dry milk Sugar Salt	3 lb 10 oz 3 1/2 oz OR 3 1/4 oz 5 3/4 oz	3 1/4 qt 2/3 cup OR 1 1/3 cups 3/4 cup 2 Tbsp 2 Tbsp	7 lb 4 oz 6 1/2 oz OR 6 1/2 oz 11 1/2 oz 2 1/2 oz	6 1/2 qt 1 1/3 cups OR 2 3/4 cups 1 1/2 cups 2 Tbsp 1/4 cup	2. Place all dry ingredients (flour, dry milk, sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.
Vegetable oil	3/4 cup 2 Tbsp	1 2/3 cups	3. Add oil and blend on low speed for approximately 2 minutes.
Water (68 ° F)	2 1/2 cups	1 1/4 qt	4. Add water. Mix on low speed for 1 minute. 5. Add dissolved yeast and mix on low speed for 2 minutes. 6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic. 7. Place dough in warm area (about 90 ° F) for 45-60 minutes. 8. Punch down dough to remove air bubbles. 9. Form rolls from dough by pinching off 2-oz pieces and shaping. Place rolls on lightly oiled sheet pans (18" x 26" x 1") in rows of 10 down and 5 across. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 10. Place in a warm area (about 90 ° F) until double in size, 30-50 minutes.

(Continued on back)

Rolls (Continued)

Bread

Bread and Cereal Products B-16

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						11. Bake until lightly browned: Conventional oven: 400 ° F for 18-20 minutes. Convection oven: 350 ° F for 12-14 minutes.
Butter or margarine, melted (optional)	1 Tbsp	2 Tbsp	12. Optional: Brush lightly with melted butter or margarine (approximately 1 Tbsp per pan) while warm.

Serving: 1 2-ounce roll provides 2 servings of bread.

Yield: 50 servings: about 50 2-ounce rolls
100 servings: about 100 2-ounce rolls

NOTE: To use high-activity (instant) yeast, follow directions below or manufacturer's instructions.

50 servings: Omit step 1. In step 2, add 1/4 cup high-activity (instant) yeast. Continue with step 3. In step 4, add 1 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

100 servings: Omit step 1. In step 2, add 2 1/2 oz (1/2 cup) high-activity (instant) yeast. Continue with step 3. In step 4, add 2 qt water (110 ° F). Omit step 5. In step 6, knead for 10 minutes. Continue with steps 7-12.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
174	4.4	30	4	.6	.55	0.11	29.2	1.7	.55	287.7	1.1

Ranch Dressing

Salads and Salad Dressings E-19

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Buttermilk..... Lemon juice.....	3¼ cups..... 1 Tbsp 1 tsp....	1 qt 2½ cups... 2 Tbsp 2 tsp....	1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to rest for 10 minutes.
Plain lowfat yogurt..... Sour cream.....	10 oz..... 4 oz.....	1¼ cups..... ½ cup.....	1 lb 4 oz..... 8 oz.....	2½ cups..... 1 cup.....	2. Using a paddle attachment, blend in the yogurt and sour cream. Let mixture rest for 5 more minutes.
Lowfat mayonnaise..... Onion powder..... Garlic powder..... White pepper..... Dried chives..... Dried parsley..... Salt.....	13 oz.....	1⅔ cups..... 2 Tbsp..... 2 Tbsp..... ½ tsp..... 1 tsp..... 1 Tbsp..... 2 tsp.....	1 lb 10 oz.....	3⅓ cups..... 4 Tbsp..... 4 Tbsp..... 1 tsp..... 2 tsp..... 2 Tbsp..... 1 Tbsp 1 tsp....	3. Add rest of ingredients to mixture in mixing bowl. Mix on low speed for 2 to 3 minutes until blended. 4. Chill at least 12 hours before serving to allow to thicken.

Special Tip: Add an additional 8 oz of lowfat mayonnaise per 50 servings for an excellent vegetable dip.

Serving: 2 Tbsp (1 ounce ladle)

Yield: 50 servings: 3 lb 5 oz
100 servings: 6 lb 10 oz
Volume: 50 servings: 1 qt 2¼ cups
100 servings: 3 qt ½ cup

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
34	1	3	2.1	.7	39	1	33	.1	4	152	0

Peach Cobbler

Fruit

Desserts C-13

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour..... Salt..... Shortening.....	1 lb 2 oz..... 10 oz.....	1 qt..... 1 tsp..... 1½ cups.....	2 lb 4 oz..... 1 lb 4 oz.....	2 qt..... 2 tsp..... 3 cups.....	1. For pastry topping: Combine flour and salt. Mix in shortening until size of small peas.
Cold water.....	¾ cup.....	1⅓ cups.....	2. Add water and mix just until dry ingredients are moistened. Cover and set aside for step 10.
Canned sliced peaches, in syrup.....	14 lb 15 oz.....	2¼ No. 10 cans.....	29 lb 13 oz.....	4½ No. 10 cans.....	3. For filling: Drain peaches, reserving syrup. Set peaches aside for step 8.
Water, as needed.....	4. For 50 servings, add enough water to peach syrup to make 1 qt 2¾ cups liquid mixture. For 100 servings, add enough water to peach syrup to make 3 qt 1½ cups liquid mixture.
Cornstarch.....	6 oz.....	1⅓ cups.....	12 oz.....	2¾ cups.....	5. Mix cornstarch with about ¼ of the liquid mixture.
Sugar.....	1 lb.....	2¼ cups.....	2 lb.....	1 qt ½ cup.....	6. Bring remaining liquid mixture to boil. Add about ½ of the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after steps 7 and 8.
Reconstituted frozen lemon juice concentrate..... Ground nutmeg.....	1½ tsp..... 1 tsp.....	1 Tbsp..... 2 tsp.....	7. Remove from heat. Blend remaining sugar, lemon juice, and nutmeg thoroughly into mixture.

(Continued on back)

Peach Cobbler (Continued)

Desserts C-13

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>8. Add peaches to thickened mixture. Stir lightly. Do not break up fruit.</p> <p>9. Pour 3¼ qt thickened peach mixture into steam table pan (12"x20"x2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>10. Roll out pastry dough into rectangles (about 12"x20") on lightly floured surface. Use about 1 lb of dough for each pan.</p> <p>11. Cover peaches with pastry. Brush with pastry brush dipped in water. Cut slits in pastry.</p> <p>12. Bake until pastry is brown/filling bubbly: Conventional Oven 425°F, 1 hour Convection Oven 375°F, 40 minutes</p> <p>13. Cut each pan 5x5 (25 portions per pan).</p>

Serving: 1 portion provides ½ cup of fruit.

Yield: 50 servings: 2 steam table pans
 100 servings: 4 steam table pans

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
208.3	1.7	39.7	5.8	1.4	454.7	3.2	6.4	1.0	0	54.6	2.0

Enchilada Casserole

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Ground Beef..... Cheddar Cheese..... Red Chile Sauce..... Dehydrated Onion..... Corn Tortillas.....	8 lbs..... 6¼ lbs..... 5 gal..... 9 Tbsp..... 400	<ol style="list-style-type: none"> 1. Brown ground beef. Drain off all of the fat. pour in enough hot water to cover the meat. stir for a minute, then drain off all the water. 2. For each 2" pan, you will use about 1 lb of cooked meat and 1 lb of cheese. You need to divide this among 4 layers. 3. Put about 2 8-oz scoops of red chile sauce in the bottom of a 2" pan. Use 10 tortillas for each layer. You will have to overlap them a little. 4. Sprinkle about ¼ lb each of meat and cheese over each layer of tortillas and cover with 3 or 4 scoops of sauce. 5. Put on a final layer of tortillas and finish with enough sauce to just cover tortillas. Sprinkle with a little cheese and bake uncovered for 30 minutes at 350°F. <p>Be sure you have enough chile sauce so that the enchiladas are not dry, but not so much that they are soupy. You should be able to cut them in nice squares. You can put a little extra sauce on each tray if they seem too dry.</p>

Serving Size: 1 portion

Yield: Each 2" pan serves 16

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
337.6	19.4	36.6	13.3	4.9	1470	2.3	340.1	2.8	46.9	893.7	4.5

Red Chile Sauce

Ingredients	50 Servings		160 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Red chile powder..... Water..... Salt..... Garlic granules.....	1 qt 4 gal..... ½ cup..... 5½ Tbsp.....	1. Bring water to a boil. 2. Add chile powder, salt and garlic. Let simmer for 15 minutes. Put enough chile sauce in a 2" pan to cover the bottom.
Flour, all-purpose..... Water.....	2 qts..... 1 gal.....	3. Stir flour into cold water. Be sure to stir out all lumps. 4. Slowly stir flour mixture into chile and water. Bring mixture back to a boil and let simmer for 3 or 4 minutes.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
33.3	1.07	6.64	.59	0.1	1089.72	2.05	11	0.75	0	381.97	1.26

Green Chile Chicken Enchilada Casserole

Ingredients	50 Servings		108 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Water..... Chicken base..... Instant nonfat dry milk..... Cornstarch..... Salt..... Pepper..... Dehydrated onions.....	3½ gal..... 2 Tbsp..... 4 cups..... 2⅔ cups..... 4 tsp..... 1 Tbsp..... 1 cup.....	1. Mix the water, dry milk, cornstarch, salt, pepper and onions in a large pot. Stir over medium heat until mixture comes to a soft boil and thickens.
Mozzarella cheese..... American cheese..... Green chile.....	2 lb..... 1½ lb..... 3¼ lb.....	
Chicken; frozen, diced, thawed..... Corn tortillas.....	10 lb..... 216.....	3. Use 2" hotel pans. For each pan, use 1½ lb of chicken and 32 tortillas. Cover the bottom of the pan with a little sauce. Put down a layer of tortillas (8). Put a little more sauce over the tortillas and put down another layer of 8 tortillas. Spread ⅓ of the meat on the tortillas and cover with sauce. Put another layer of tortillas and repeat with meat until you have 3 layers. Use just enough sauce to cover tortillas, but don't get too soupy. Bake uncovered for 30 minutes at 350° or until 165° interior temperature. Each pan serves 16.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
268.4	20.6	30.1	7.5	3	332.7	10	264.9	1.4	48.3	523.4	2.9

Barbecued Chicken

Meat

Main Dishes D-11

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken stock..... Dehydrated onions..... OR Fresh onions, chopped..... 3 oz.....	1¼ cups..... ¼ cup 2 tsp..... OR ½ cup..... 2 oz..... OR 6 oz.....	2½ cups..... ½ cup 1 Tbsp OR 1 cup.....	1. For barbecue sauce: Simmer chicken stock and onions over medium heat for 5 minutes.
Catsup..... Garlic powder..... Brown sugar, packed.....	3 lb 9 oz..... 12 oz.....	½ No. 10 can... 1 tsp..... 1⅔ cups.....	7 lb 3 oz..... 1 lb 8 oz.....	1 No. 10 can... 2 tsp..... ¾ cups.....	2. Add catsup, garlic powder, and brown sugar. Simmer 15-20 minutes, stirring frequently. Set aside for use in step 5.
Chicken, cut-up, thawed (USDA-donated, whole, cut-up 8 pieces)..... OR Chicken, cut-up, thawed (USDA)-donated, whole, cut-up 9 pieces.....	24 lb..... OR 22 lb.....	48 lb..... OR 44 lb.....	3. Rinse chicken in cold water. Drain well.
						4. Arrange 25 pieces of chicken on each sheet pan (18"x26"x1"). 5. Brush ¾ to 1 qt of barbecue sauce over chicken in each pan. 6. Bake uncovered until tender, checking frequently: Conventional Oven 425°F, 45 minutes Convection Oven 375°F, 30 minutes 7. Transfer to steam table pans for serving.

Serving: 1 portion (1 breast, or 1 drumstick and 1 wing, or 1 thigh with back)
provides 2 ounces of cooked poultry.

Yield: 50 servings: 2 sheetpans
100 servings: 4 sheetpans

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
273.2	27.5	16.1	10.9	3.0	484.4	7.3	29.0	1.5	99	506.9	.53

Royal Brownies

Desserts C-21

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil.....	¾ cup.....	1½ cups.....	1. Cream oil, sugar, salt, vanilla, and applesauce for 5 minutes in mixing bowl on medium speed, using a paddle attachment. Scrape down the sides of the bowl.
Sugar.....	1 lb 10 oz.....	3¾ cups.....	3 lb 4 oz.....	1 qt 3½ cups...	
Salt.....	1½ tsp.....	1 Tbsp.....	
Vanilla.....	1½ tsp.....	1 Tbsp.....	
Canned applesauce.....	1 lb 4 oz.....	2½ cups.....	2 lb 8 oz.....	1 qt 1 cup.....	
Frozen egg whites, thawed OR Fresh large egg whites.....	12 oz.....	1½ cups..... 10 each.....	1 lb 8 oz.....	3 cups..... 20 each.....	2. Add egg whites and beat for 1 minute on medium speed. Scrape down the sides of the bowl.
All-purpose flour.....	15 oz.....	3½ cups.....	1 lb 14 oz.....	1 qt 3 cups.....	3. Beat together flour, cocoa, and baking powder. 4. Add to wet ingredients and mix for 30 seconds on low speed, then for 1 minute on medium speed. Scrape down the sides of the bowl. Batter will be very thick. 5. For 50 servings, spread 2 qt 1½ cups (5 lb 3 oz) of batter in one half-sheet pan (18"x13"x1"), which has been lightly greased. For 100 servings, spread 1 gal 3 cups (10 lb 6 oz) batter in one sheet pan (18"x26 x1"), which has been lightly greased.
Cocoa.....	6 oz.....	1½ cups 2 Tbsp.....	12 oz.....	3¼ cups.....	
Baking powder.....	1 Tbsp.....	2 Tbsp.....	

(Continued on back)

Royal Brownies (Continued)

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chopped walnuts (optional).....	4 oz.....	1 cup.....	8 oz	2 cups.....	5. Sprinkle nuts (optional) over batter. 6. To Bake: Conventional Oven 350°F, 20-30 minutes Convection Oven 300°F, 18-25 minutes Bake until set, but still moist in the center. 7. For 50 servings, cut half-sheet pan 5 x 10 (50 pieces per pan). For 100 servings, cut sheet pan 10 x 10 (100 pieces per pan).

Variations

Swiss Brownies

.....
Swiss Brownies: Swiss Brownies are lighter in color than Royal Brownies.
50 servings: Decrease cocoa to 4 oz (1⅓ cups).
100 servings: Decrease cocoa to 8 oz (2⅔ cups).

Special Tip: Brownies may be iced with Brownie Icing (C-22) or sprinkles with powdered sugar.

Serving: 1 piece

Yield: 50 servings: 5 lb
 100 servings: 10 lb

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
134	2	25	3.8	.8	4	0	23	.9	0	112	1

HOLIDAY MEALS WITH ANALYSES

CHRISTMAS		ST. PATRICK'S DAY		EASTER		THANKSGIVING	
Posole Green Salad Flour Tortillas Orange Halves Crispie Rice Bars Milk - Variety Note: You may serve Biscochitos rather than Crispie Rice Bars; however, the fat grams go up to 25.50 and 35% of total fat!		Shredded Corned Beef Sandwich Roll (2 oz) Mustard Cup Potatoes O'Brien Coleslaw St. Patty's Cake Milk Note: Please use one of the cake recipes in this manual. Potatoes are frozen, sliced potatoes.		Baked Ham Salad, Tossed Salad Dressing, Assorted Candied Sweet Potato Pineapple Chunks Rolls, Wheat Lowfat Yellow Cake Milk, Variety Note: The cake is a yellow cake (from this manual) and can be decorated with candy Easter eggs and coconut colored green with food coloring. Use only a small amount of "grass" because coconut is high in saturated fat.		Roast Turkey, no dressing Cranberry Sauce Mashed Potatoes Lowfat Gravy Mixed Vegetables Rolls Chocolate Cake Milk, Variety Note: If you want to use Turkey with Dressing Recipe USDA D-38, the calories increase to 857.00 and the percentage of fat to 29.50%. Also, you may want to use the Pumpkin Cake rather than Chocolate.	
Nutrient	Target	Nutrient	Target	Nutrient	Target	Nutrient	Target
Calories	646.00	Calories	867.60	Calories	828.00	Calories	927.00
Iron	2.50 mgs.	Iron	6.00 mgs.	Iron	6.70 mgs.	Iron	5.70 mgs.
Calcium	352.10 mgs.	Calcium	428.50 mgs.	Calcium	450.00 mgs.	Calcium	455.50 mgs.
Vitamin A	563.00 RE	Vitamin A	962.40 RE	Vitamin A	718.00 RE	Vitamin A	375.00 RE
Vitamin C	45.60 mgs.	Vitamin C	32.00 mgs.	Vitamin C	20.60 mgs.	Vitamin C	15.60 mgs.
Protein	27.30 gms.	Protein	29.40 gms.	Protein	32.90 gms.	Protein	38.70 gms.
Total Fat	21.20 gms.	Total Fat	37.60 gms.	Total Fat	25.70 gms.	Total Fat	26.50 gms.
Saturated Fat	6.90 gms.	Saturated Fat	12.00 gms.	Saturated Fat	7.50 gms.	Saturated Fat	9.60 gms.

Posole

Ingredients	200 Servings		400 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Hominy..... Canned pork..... Onion..... Red chile powder..... Water.....	50 cups..... 28, 29-oz cans 4 C..... 3 C..... 8 qt.....	100 cups..... 56, 29-oz cans 8 C..... 6 C..... 16 qt.....	Assembly instructions for each pan: 12.5 C hominy 7 cans pork 1 cup onion ¾ C red chile powder 2 qt water Cook until heated through. Each pan serves 50.

Variations

.....
You may use ground beef or diced chicken for the posole. That will lower the fat content. Check buying guide for the amounts of meat to use.

Serving: Each pan serves 50.

Yield: Make sure to serve 2 oz protein for the meal, you may not be able to get 2 oz meat in the posole.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
242			15.2							164	

Biscochitos

Ingredients	170 Servings		340 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable shortening.....	1½ lb.....	3 lb.....	1. Cream shortening until fluffy.
Sugar.....	2 lb.....	4 lb.....	2. Add sugar to shortening a little at a time while beating.
Eggs.....	6.....	12.....	3. Add eggs to mixture. Beat well.
Salt.....	1 tsp.....	2 tsp.....	4. Add seasonings to mixture a little at a time while beating.
Anise, ground.....	½ cup.....	1 cup.....	
Orange juice.....	3 oz.....	6 oz.....	5. Add mixture.
Flour, all-purpose.....	4 lb.....	8 lb.....	6. Add flour a bit at a time. Dough should not be too firm. 7. Roll into 2" logs and slice ½" thick. Coat with cinnamon sugar and bake at 350°F for 10 minutes or until golden brown.

Serving: 1 cookie

Yield: 170 or 340 cookies

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
145.54	1.867	21.469	5.888	1.759	17.294	0.1044	21.998	0.8897	15.821	100.76	0.4923

Turkey and Dressing Supreme

Meat-Bread

Main Dishes D-38

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						1. Lightly oil steam table pans (12" x 20" x 2 1/2"). For 50 servings, use 2 pans> For 100 servings, use 4 pans.
Bread cubes, soft	3 lb 2 oz	2 1/4 gal	6 lb 4 oz	4 1/2 gal	2. For dressing: Combine bread cubes, seasonings, onions, and butter or margarine in a bowl. Mix lightly until well blended.
Poultry seasoning	2 tsp	1 Tbsp 1 tsp	
Black or white pepper	2 tsp	1 Tbsp 1 tsp	
Thyme (optional)	2 Tbsp	1/4 cup	
Dehydrated onions	1/4 cup 2 Tbsp	2 1/2 oz	3/4 cup	
OR		OR	OR	OR		
Fresh onions, chopped	8 oz	1 1/3 cups	1 lb	2 2/3 cups	3. Add stock to bread mixture. Mix gently until dressing is moist. 4. Spread 4 lb (1 gal 1 3/4 qt) of dressing evenly into each steam table pan.
Butter or margarine, melted	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	
Chicken stock	2 qt	1 gal	
Cooked turkey, chopped	6 lb 4 oz	1 1/4 gal	12 lb 8 oz	2 1/2 gal	
Butter or margarine	6 oz	3/4 cup	12 oz	1 1/2 cups	
All-purpose flour	7 oz	1 1/2 cup	14 oz	2 2/3 cups	6. For gravy: Melt fat. Blend in flour and salt. Stir frequently until mixture is light brown, 8-10 minutes.
Salt	2 Tbsp.....	1 Tbsp 1 tsp	
		2 tsp			

(Continued on back)

Turkey and Dressing Supreme (Continued)

Meat-Bread

Main Dishes D-38

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken stock	3 qt	1 1/2 gal	7. Gradually add stock to flour mixture. Stir to blend well. Cook until thickened, 8-10 minutes. 8. Pour 1 1/4 qt gravy over each pan of turkey and dressing. 9. Bake: Conventional oven: 350 ° F for 30 minutes. Convection oven: 325 ° F for 30 minutes. 10. Cut each pan 5 x 5 (25 portions per pan). If desired, serve with extra gravy.

Serving: 1 portion provides 2 ounces of cooked poultry and 1 serving of bread.

Yield: 50 servings: 2 steam table pans
100 servings: 4 steam table pans

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
271.44	20	18.30	12.6	6.424	328.86	0.522	55.68	2.158	66.12	962.22	.87

Chocolate Cake

Ingredients	50 Servings		280 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar..... Butter..... Shortening.....	11½ lb..... 1½ lb..... 8 oz..... 2¼ cups..... 1 cup 2 Tbsp....	1. Cream sugar, butter, and shortening for 2 minutes on medium speed.
Cocoa powder..... Eggs.....	6 cups..... 24 large.....	2. Add cocoa powder and mix. 3. Add eggs and beat for 3 minutes on medium speed.
Flour, all-purpose..... Cornstarch..... Baking Soda..... Salt.....	7½ lb..... 1⅓ cups..... 6 Tbsp..... 3 Tbsp.....	4. Combine flour, cornstarch, baking soda, and salt; add to creamed mixture, and mix for 1 minute.
Water..... Vanilla..... Vinegar.....	4½ qt..... 6 Tbsp..... 2 Tbsp.....	5. Slowly add water, mix vanilla and vinegar; add to batter and mix 3 minutes. 6. Divide batter into 4 lightly greased cake pans. 7. To Bake: Conventional Oven 325°F, 30-35 minutes Convection Oven 300°F, 45 minutes Or until cake tests done.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
161.9	2.2	29.5	4.4	2.0	101.9	0	7.5	0.9	23.5	182.5	0.9

Pumpkin Cake

Ingredients	50 Servings		630 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Butter..... Sugar.....	8 lb..... 13 lb.....	1. Cream butter and sugar until fluffy.
Applesauce..... Pumpkin..... Eggs.....	1 No. 10 can.... 1 No. 10 can.... 64 large.....	2. Add applesauce, eggs and pumpkin to sugar and butter mixture and mix well.
Flour, all-purpose..... Baking powder..... Baking soda..... Salt..... Dry milk..... Cloves..... Nutmeg..... Cinnamon.....	23 lb..... 1½ cup..... 1 cup..... ¼ cup..... 1½ lb..... 3 Tbsp..... 3 Tbsp..... ⅓ cup.....	3. Mix all dry ingredients together.
Water..... Vinegar..... Vanilla.....	5 qt 1 cup..... 1 cup..... 1 cup.....	4. Mix water, vinegar and vanilla together and add to creamed mixture ⅓ at a time alternating with the dry ingredients. Mix well between each addition. 5. To Bake: Convection Oven 325°F, 35 minutes or until cake tests done. Do not open oven doors while cake is baking. 6. Serve with 1-oz whipped topping.

Serving Size: 1 piece

Yield: 9 pans cut in 80 each

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
177.8	3.8	28.5	5.5	3.2	1341.7	0.6	87.4	1.1	40.9	309.3	0.7

ADDITIONAL MENUS WITH ANALYSES

Navajo Taco on Pocketless Pita Salsa 1/4 Shredded Lettuce 1/4 Cup Corn 1/3 Cup Jello with Fruit Milk, 2% (Chocolate)		Stromboli 1/4 Cup Lettuce and Tomatoes Fresh Fruit, 1/2 Cup Seasoned Rice, 1/2 Cup Royal Brownie, USDA Recipe Milk, 2%		Turkey Sandwich on Whole Wheat Bun Oven-fried Potatoes Kiwi and Orange Cup Chocolate Chip Cookie Milk, 2%		Chicken Patty with Bun: 1 Chicken Fillet 1 Hamburger Bun, 4 Inch Peaches, 1/2 Cup Green Beans, 1/2 Cup, Canned Tater Tots, 5 Milk, 2%	
Nutrient	Target	Nutrient	Target	Nutrient	Target	Nutrient	Target
Calories	420.00	Total Fat	19.10 gms.	Total Fat	21.40 gms.	Total Fat	24.40 gms.
Iron	3.30 mgs.	Sodium	714.00 mgs.	Sodium	1,726.00 mgs.	Sodium	891.00 mgs.
Calcium	334.20 mgs.	Calories	618.00	Calories	610.00	Calories	613.00
Vitamin A	162.00 RE						
Vitamin C	13.40 mgs.						
Protein	24.50 gms.						
Total Fat	10.00 gms.						
Saturated Fat	4.30 gms.						

Stromboli

Meat/Meat Alternate-Bread

Sandwiches F-6

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Active dry yeast (see note) Water, warm (110 ° F)	1/4 cup 2 tsp .. 1 1/2 qt	For best results, have all ingredients and utensils at room temperature. 1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
All-purpose or bread flour	5 lb 4 oz	4 3/4 qt	2. Place flour in mixer bowl. Make well in the center.
Vegetable oil Salt Sugar	1/2 cup 2 tsp 3 Tbsp 2 tsp	3. Pour in dissolved yeast, oil, salt, and sugar. Gradually work into the flour using dough hook on low speed. Knead for 15 minutes on medium speed. 4. Divide and shape dough into 5 balls, 1 lb 12 oz each. Let rest for 20 minutes.
†Seasonings Flaked basil Flaked oregano Flaked marjoram Flaked thyme	2 1/2 tsp 2 tsp 1/2 tsp 1/8 tsp	5. Combine seasonings in small bowl. 6. On lightly floured surface, roll out each ball of dough into a rectangle 16" wide and 24" long.
Mozzarella cheese, sliced Turkey ham, sliced	6 lb 4 oz 9 lb	7. Layer ingredients lengthwise along the center of the dough rectangle as follows. Leave 6" border across the top and bottom of dough for folding over in steps 8 and 9 (see diagram). 1st layer - 10 oz cheese 2nd layer - approximately 1/2 tsp seasoning mix 3rd layer - 14 1/2 oz turkey ham slices.

(Continued on back)

Stromboli (Continued)

Meat/Meat Alternate-Bread

Sandwiches F-6

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>8. Fold top third of dough over cheese and turkey ham. Place another layer of cheese, seasonings, and turkey ham on top of folded dough as follows:</p> <p>1st layer - 10 oz cheese 2nd layer - approximately 1/2 tsp seasoning mix 3rd layer - 14 1/2 oz turkey ham.</p> <p>9. Fold bottom third of dough over the second layer of cheese and turkey ham. Pinch to seal end and top seams. (If desired, brush seams with egg wash.)</p> <p>10. Using a fork, pierce top of dough lengthwise from end to end, repeating 4 rows across.</p> <p>11. Place rolled dough on lightly oiled sheet pan (18" x 26" x 1"). Two stromboli can be placed on each sheet pan.</p> <p>12. Allow rolled stromboli to rise for 30 minutes.</p> <p>13. Bake until crust is lightly browned:</p> <p>Conventional oven: 400 ° F for 30-35 minutes</p> <p>Convection oven: 350 ° F for 25-30 minutes</p> <p>14. Remove from oven. Let stand for 15 minutes before cutting, to prevent cheese from running.</p> <p>15. Cut each stromboli lengthwise down the middle and crosswise 10 times into 20 portions.</p>

(Continued on back)

Stromboli (Continued)

Meat/Meat Alternate-Bread

Sandwiches F-6

Serving: 1 piece provides the equivalent of 2 ounces of cooked lean meat and 1 1/2 servings of bread.

Yield: 100 servings: 5 stromboli rolls, 20 pieces each

NOTE: To use high-activity (instant) yeast, follow directions below, or manufacturer's instructions.

100 servings: Omit step 1. Continue with step 2. In step 3, add 3 Tbsp 2 tsp high-activity (instant) yeast and 1 1/2 qt water (110 ° F). Continue with steps 4-15.

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
224	17	20	8		169	0	192	2	39	587	

Chocolate Chip Cookies

Ingredients	250 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Butter Applesauce Brown Sugar, packed Powdered sugar	1½ lbs 3 lbs..... 2 lbs..... 2¾ cups.....	1. In mixer, cream butter, shortening, brown and white sugars until fluffy. Add applesauce and mix until creamy.
Eggs Vanilla	8 ½ cup.....	2. Add eggs and vanilla and mix well.
Flour, all purpose..... Baking Soda..... Salt.....	6½ lbs..... 1½ Tbsp..... ¼ cup.....	3. Add flour, baking soda and salt. Mix well.
Chocolate Chips.....	2 lbs.....	4. Stir in chocolate chips. 5. Portion with No. 40 scoop. 6. To Bake: Conventional Oven 350°F, 12 minutes Convection Oven 350°F, 8-10 minutes

Serving Size: 1 cookie

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
117.9	1.6	20.8	3.3	1.9	85	0	9.1	0.8	12.1	314.1	0.6

ADDITIONAL MENUS WITH ANALYSES

Corndog Fresh Fruit, 1/2 Cup Fresh Vegetables, 1/4 Cup Skin on Potatoes, 1/2 Cup Dip, 1 Tbsp Milk, Chocolate Skim		Bean and Cheese Burrito Salsa Shredded Lettuce Oranges Corn Chocolate Chip Cookie Milk, 1%		Chicken Patty Whipped Potatoes Lowfat Gravy Dinner Roll Frozen Juice Bar Milk, 1%		Ham and Cheese Sandwich Lettuce and Pickle Seasoned Oven Potatoes Peaches Graham Crackers Milk, Variety	
Nutrient	Target	Nutrient	Target	Nutrient	Target	Nutrient	Target
Total Fat	23.80 gms.	Calories	727.30	Calories	709.20	Calories	793.80
Sodium	1,320.00 mgs.	Iron	5.60 mgs.	Iron	4.40 mgs.	Iron	8.20 mgs.
Calories	637.00	Calcium	609.70 mgs.	Calcium	425.30 mgs.	Calcium	493.30 mgs.
		Vitamin A	1,147.30 RE	Vitamin A	791.80 RE	Vitamin A	1,244.70 RE
		Vitamin C	35.40 mgs.	Vitamin C	25.70 mgs.	Vitamin C	16.20 mgs.
		Protein	27.60 gms.	Protein	30.00 gms.	Protein	28.20 gms.
		Total Fat	19.70 gms.	Total Fat	21.40 gms.	Total Fat	25.70 gms.
		Saturated Fat	9.30 gms.	Saturated Fat	8.60 gms.	Saturated Fat	7.90 gms.

ADDITIONAL MENUS WITH ANALYSES

Vegetable Soup and Ham Sandwich Sliced Banana Cup Crispie Rice Cookie Milk, Variety		Chicken Nuggets Dipping Sauce Mixed Vegetables Dinner Roll, 2 oz Peaches or Banana Jello Milk, Variety	
Nutrient	Target	Nutrient	Target
Calories	758.90	Calories	799.60
Iron	5.60 mgs.	Iron	4.10 mgs.
Calcium	593.50 mgs.	Calcium	395.10 mgs.
Vitamin A	2,837.30 RE	Vitamin A	4,692.20 RE
Vitamin C	23.00 mgs.	Vitamin C	54.10 mgs.
Protein	33.10 gms.	Protein	30.70 gms.
Total Fat	18.20 gms.	Total Fat	22.60 gms.
Saturated Fat	9.70 gms.	Saturated Fat	7.40 gms.

ADDITIONAL RECIPES

Green Chile Stew

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Ground beef.....	9 lbs.....	1. Brown ground beef. Drain off the fat and pour in enough hot water to cover meat. Drain off the water.
Pinto beans.....	1 No. 10 can....	2. Drain the pinto beans.
Tomatoes.....	6 No. 10 cans..	3. Mix all ingredients together with the meat. Heat through.
Frozen, diced Potatoes.....	12 cups.....	4. Add water and season to taste.
Green chile.....	1 gal.....	
Dehydrated onion.....	1 cup.....	
Water.....	2 gal.....	
Garlic powder.....	1 Tbsp.....	
Salt.....	1 Tbsp.....	

Serving Size: ¾ cup

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
173.9	13.4	11.8	8.2	0.9	249.6	11.8	23.9	2.4	33	389	1.5

Cornbread

Bread

Bread and Cereal Products B-9

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour..... Cornmeal..... OR Corn grits..... Sugar..... Baking powder..... Salt.....	1 lb..... 1 lb..... OR 1 lb..... 5¼ oz.....	3½ cups..... 3 cups..... OR 2¾ cups..... ¾ cup..... 2 Tbsp 2 tsp.... 1¼ tsp.....	2 lb..... 2 lb..... OR 2 lb..... 10½ oz..... 2 oz.....	1 qt 3¼ cups... 1½ qt..... OR 1 qt 1½ cups... 1½ cups..... ⅓ cup..... 2½ tsp.....	1. Blend flour, cornmeal or corn grits, sugar, baking powder, and salt in mixer for 1 minute on low speed.
Large eggs (see note)..... Reconstituted nonfat dry milk..... Vegetable oil..... Cheddar cheese, shredded (optional)..... Green chili peppers, chopped (optional).....	5¼ oz..... 12 oz..... 4 oz.....	3..... 3¾ cups..... ½ cup..... 3½ cups..... ½ cup.....	10½ oz..... 1 lb 8 oz..... 8 oz.....	6..... 1 qt 3½ cups... 1 cup..... 1¾ qt..... 1 cup.....	
						3. For 50 servings, pour 4 lb 14 oz (2½ qt) batter into 1 half-sheet pan (18"x13"x1"), which has been lightly oiled. For 100 servings, pour 9 lb 13 oz (1¼ gal) batter into 1 sheet pan (18"x26"x1"), which has been lightly oiled. 4. Bake until lightly browned: Conventional Oven 400°F, 30-35 minutes Convection Oven 350°F, 20-25 minutes 5. For 50 servings, cut half-sheet pan 5x10 (50 pieces per pan). For 100 servings, cut sheet pan 10x10 (100 pieces per pan).

NOTE:

(Continued on back)

50 servings: Use 1¼ oz (½ cup) dried whole eggs and ¼ cup water in place of shell eggs.

100 servings: Use 3 oz (1 cup) dried whole eggs and 1 cup water in place of shell eggs.

Cornbread (Continued)

Serving: 1 piece provides 1 serving of bread.

Yield: 50 servings: 1 half-sheet pan
100 servings: 1 sheet pan

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
103	2	17	3		52	3%	19	0.6	16	127	

Fruit Bread

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
USDA Master Mix for baked product.....	2½ lb.....	½ gal.....	5 lb.....	1 gal.....	1. Combine Master Mix and sugar; mix well.
Granulated sugar.....	1 lb 1 oz.....	2½ cups.....	2 lb 2 oz.....	1¼ qt.....	
Eggs, large.....	7 oz.....	4.....	14 oz.....	8.....	2. In a mixing bowl, combine eggs and orange juice. Add to Master Mix mixture; blend 30 seconds on low speed. Beat 1 minute on medium speed.
Orange juice.....	1½ cups.....	3 cups.....	
Mixed fruit, drained.....	1½ lb.....	1½ qt.....	3 lb.....	3 qt.....	3. Add fruit to batter. Blend 30 seconds on low speed. Beat 1 minute on medium speed. DO NOT OVERMIX. 4. Pour approximately 2½ qt batter into a LIGHTLY greased 12"x20"x2" pan. (For 50 servings use 2 pans; 100 servings use 4 pans.) 5. Bake at 350°F, 44-45 minutes or until center tests done. 6. Cool. Drizzle top with glaze. (See variations for glaze.) Cut 5x7.

(Continued on back)

Fruit Bread (Continued)

Variations

.....
Use frozen or canned, drained cherries.
Use canned, drained pineapple chunks or peaches.
Use frozen blueberries. You must first coat the blueberries with flour before adding to the batter.

GLAZE: Stir 12 oz powdered sugar into ¼- ⅓ cup orange juice. (Use mild instead of orange juice for a plain glaze.)

Serving: 1, 2"x3" serving

Yield: 50 or 100

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
171.98	2.76	30.42	4.66	1.17	112.19	3.16	76.95	1.03	17.22	206.77	0.74

Vegetable Lasagna

Meat Alternate • Vegetable • Grains/Breads

Main Dishes D-50

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lasagna noodles.....	2 lb 13 oz.....	45 each.....	5 lb 10 oz.....	90 each.....	1. Cook lasagna noodles in a stockpot or steam-jacketed kettle for 10 to 12 minutes, until tender. Drain. Hold in cold water.
Vegetable oil.....	¼ cup.....	½ cup.....	2. In a pan, heat the vegetable oil. Add the zucchini, mushrooms, and onions. Saute for 3 minutes, until tender. Stir in flour and cook for 3 minutes. Remove from heat and set aside.
Fresh zucchini, sliced.....	1 lb.....	2½ cups.....	2 lb.....	1 qt 1 cup.....	
Fresh mushrooms, sliced.....	12 oz.....	1 qt 1 cup.....	1 lb 8 oz.....	2 qt 2 cups.....	
OR Canned mushrooms, sliced, drained.....	8 oz.....	1 cup.....	1 lb.....	2 cups.....	
Onions, chopped.....	9 oz.....	1½ cups.....	1 lb 2 oz.....	3 cups.....	
All-purpose flour.....	2 oz.....	½ cup.....	4 oz.....	1 cup.....	
Frozen broccoli pieces.....	2 lb 8 oz.....	3 qt.....	5 lb.....	1 gal 2 qt.....	3. Place broccoli in a 12"x20"x2½" steam table pan and steam for 6 minutes, or until tender. Drain well and set aside.
Tomato sauce.....	8 lb 1 oz.....	1 No. 10 can + 3 cups.....	16 lb 2 oz.....	2 No. 10 cans + 1 qt 2 cups	4. In a steam kettle, heat the tomato sauce and tomato paste. Add the oregano and garlic powder. Simmer, uncovered, for 30 minutes.
Tomato paste.....	2 lb.....	3½ cups.....	4 lb.....	1 qt 3 cups.....	
Dried oregano leaves.....	¼ cup 2 Tbsp	¾ cup.....	5. Add the sauteed vegetables and steamed broccoli to the tomato sauce. Stir to combine. Simmer for 10 minutes.
Garlic powder.....	1¾ tsp.....	1 Tbsp ½ tsp...	
Lowfat cottage cheese, drained.....	8 lb.....	1 gal.....	16 lb.....	2 gal.....	6. In a large bowl, combine the lowfat cottage cheese, dried parsley, garlic salt, and bread crumbs. Mix well. 7. Combine Parmesan cheese and mozzarella cheese.
Dried parsley.....	¼ cup.....	½ cup.....	
Garlic salt.....	2 tsp.....	1 Tbsp 1 tsp....	
Dry bread crumbs.....	8 oz.....	2 cups.....	1 lb.....	1 qt.....	
Parmesan cheese, grated.....	2 oz.....	½ cup.....	4 oz.....	1 cup.....	
Lowfat mozzarella cheese, grated.....	1 lb 4 oz.....	1 qt 3½ cups	3 lb 12 oz.....	3 qt 3 cups.....	

(Continued on back)

Vegetable Lasagna (Continued)

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>8. Spread 1 cup of vegetable sauce on the bottom of each 12"x20"x2½" steam table pan to prevent sticking.</p> <p>Assembly: <i>First Layer:</i> a. 7½ lasagna noodles b. 1 qt cottage cheese mixture c. 1 qt 1 cup vegetable sauce d. 2¼ cups Parmesan-mozzarella cheese mixture <i>Second Layer:</i> Repeat first layer. <i>Third Layer:</i> e. 7½ lasagna noodles f. 2½ cups vegetable sauce</p>
Grated Parmesan cheese.....	4 oz.....	1 cup.....	8 oz.....	2 cups.....	<p>9. Sprinkle ½ cup of Parmesan cheese over each pan of lasagna. Cover with plastic wrap and foil.</p> <p>To Bake: Conventional Oven 375°F, 50 minutes Convection Oven 350°F, 40 minutes Bake until bubbling.</p> <p>10. Remove from oven and allow to set for 15 minutes before serving. Cut each pan 5x5 (25 portions per pan).</p>

Serving: 1 piece
provides 2 ounces of cheese, ¾ cup of vegetable, and 1 serving of grains/breads

Yield: 50 servings: 25 lb 12 oz
100 servings: 51 lb 8 oz

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
268	21	32	6.8	3.3	1823	29	264	2.8	15	1017	4

New Oatmeal Raisin Cookies

Desserts C-25

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar..... Margarine or butter.....	1 lb 8 oz..... 8 oz.....	3 cups..... 1 cup.....	3 lb..... 1 lb.....	1 qt 2 cups..... 2 cups.....	1. Beat the sugar and margarine or butter with a paddle attachment until smooth and creamy, about 5 minutes. 2. Add eggs slowly and mix on medium speed for 1 minute.
Frozen whole eggs, thawed..... OR Fresh large eggs.....	8 oz.....	1 cup..... 4 each.....	1 lb.....	2 cups..... 8 each.....	
Lowfat milk..... Canned applesauce..... 8 oz.....	½ cup..... 1 cup..... 1 lb.....	1 cup..... 2 cups.....	3. Slowly add applesauce and milk. Mix for another minute on medium speed. Scrape sides of bowl.
All-purpose flour..... Baking soda..... Salt..... Ground cinnamon..... Ground nutmeg.....	12 oz.....	3 cups..... 1 tsp..... 1 tsp..... 2 tsp..... 1 tsp.....	1 lb 8 oz.....	1 qt 2 cups..... 2 tsp..... 2 tsp..... 1 Tbsp 1 tsp.... 2 tsp.....	4. Add the flour, baking soda, cinnamon, nutmeg, and salt. Mix on low speed until blended, about 2 minutes.
Rolled oats..... Raisins.....	1 lb 4 oz..... 13 oz.....	1 qt 2 cups..... 2 cups.....	2 lb 8 oz..... 1 lb 10 oz.....	3 qt..... 1 qt.....	5. Add oats and raisins and blend for 30 seconds on low speed. Scrape down sides of bowl. 6. Portion with level No. 30 scoop (2 Tbsp) in rows of 5 down and 4 across onto each greased (or lined with baker's paper) sheet pan (18"x26"x1"). To Bake: Conventional Oven 350°F, 18-20 minutes Convection Oven 325°F, 10-12 minutes Bake until lightly browned.

(Continued on back)

New Oatmeal Raisin Cookies (Continued)

Special Tip: For a bar cookie, spread 3 qt (5 lb 14 oz) of dough in a greased half-sheet pan (18"x13"x1") and bake for 20 to 25 minutes in a 325°F convection oven. Cut 5x10 for 50 servings.

Serving: 1 cookie

Yield: 50 servings: 5 lb 14 oz
 100 servings: 11 lb 12 oz
 Volume: 50 servings: 3 qt (dough)
 100 servings: 1 gal 2 qt (dough)

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
186	3	33	5	1.1	196	0	18	1	19	123	2

Focaccia (pizza bread)

Bread #5

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Flour, all-purpose*..... Water, 80°F..... Yeast, instant..... Olive or vegetable oil..... Salt.....	5 lb..... 2 lb 12 oz..... ¾ oz..... 2 oz..... 1¼ oz.....	17 cups..... 5½ cups..... 2 Tbsp 1½ tsp ¼ cup..... 2 Tbsp 1½ tsp	1. Develop dough and ferment (85°F) 30 to 60 minutes. (May be refrigerated overnight.) 2. Scale dough, 4 lb per 18"x26" baking pan, lined or sprayed with quick release spray. (Perforated pans are ideal, if available, for crisper crust.) 3. Flatten dough in pans. Proof dough 15 to 30 minutes (85°F). With fingertips, make indentions in dough over the entire surface.
Toppings: (Divide between two 18"x26" pans)						
Olive or vegetable oil..... Oregano, rosemary or basil (mix with oil)..... Garlic powder (mix with oil)..... Chopped green onion.....	3½ oz..... 1 oz..... ¼ oz..... 3 oz.....	½ cup..... 2 Tbsp..... 1½ tsp..... 2-3 onions.....	4. Proof another 15 to 30 minutes. (Omit this proof if short on time.) Brush with oil, season as desired and sprinkle with onion. (¼ c. oil, ¼ c. Seasonings and onion/pan.) 5. Bake in hot oven (425°F conventional; 400°F convection), 15 to 20 minutes or until golden. Turn pan once during baking. 6. Cut in strips or wedges to serve.

Servings: 100

Yield: 100, 1-oz servings; two, 18"x26" pans

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
98	2	17.5	1.8		6.2	0.57	10	1.2	0	138	2.5

Sugar Cookies

Ingredients	50 Servings		300 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Butter..... Sugar..... Applesauce.....	3½ lbs..... 7 lbs..... 1 cup.....	1. Cream butter, sugar, and applesauce together until smooth.
Eggs..... Vanilla.....	4 large..... ⅓ cup.....	2. Add eggs and vanilla and mix well.
Flour..... Baking powder..... Baking soda..... Salt..... Water.....	8½ lbs..... ⅓ cup..... 1 Tbsp..... 2 Tbsp..... 2 cups.....	3. Mix all dry ingredients together and add to creamed mixture alternating with the water.

Serving Size: 1 cookie

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
131.6	1.7	20.7	4.7	2.8	176.7	0	19.4	0.7	26.1	137.6	0.4

Yellow Cake

Ingredients	50 Servings		280 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Flour, all-purpose..... Sugar..... Instant nonfat dry milk..... Baking powder..... Salt.....	7½ cups.....	7½ cups..... 7½ cups..... 4 cups..... 1 cup 2 Tbsp.... 2 Tbsp.....	1. Blend flour, dry milk, baking powder and salt for 1 minute on low speed.
Eggs..... Vanilla..... Water..... Shortening..... Applesauce.....	32..... ¼ cup..... 2 qt..... 1 qt..... 1 qt.....	2. Cream sugar, shortening and applesauce together. Add eggs and vanilla and mix for 30 seconds or until fluffy. 3. Alternately add dry ingredients and water to creamed mixture. Mix for about 1 minute in between each addition. Beat for 2 minutes on medium speed. 4. To Bake: Conventional Oven 375°F, 30 minutes Convection Oven 325°F, 18-20 minutes

Yield: 4 cake pans cut in 70

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
140.1	2.4	24	3.9	1.3	46	0.1	43.5	0.8	25.3	114.7	0.4

Lemony Carrot Cake

Ingredients	96 Servings		192 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour..... Baking powder..... Baking Soda..... Salt.....	3½ lb..... 2 Tbsp..... 4 tsp..... 4 tsp.....	7 lb..... 4 Tbsp..... 2 Tbsp 2 tsp.... 2 Tbsp 2 tsp....	1. In a bowl, combine the flour, baking powder, baking soda, and salt.
Butter or shortening..... Applesauce..... Granulated sugar..... Grated lemon rind..... Vanilla..... Eggs..... Plain non-fat yogurt or buttermilk..... Shredded carrots..... 5 lb.....	2 cups..... 2 cups..... ¼ cup..... ¼ cup..... 18..... 1½ qt..... 1 gal..... 10 lbs.....	4 cups..... 4 cups..... ½ cup..... ½ cup..... 36..... 3 qt..... 2 gal.....	2. In a mixer, cream the butter, applesauce and sugar. 3. Add the vanilla and lemon rind and beat well. 4. Add the eggs one at a time, mixing well after each egg. 5. Alternately add dry ingredients and yogurt or buttermilk to butter mixture, mixing after each addition. 6. Stir in the grated carrots. 7. Pour the batter into 4 or 8 lightly greased and floured 2" pans. 8. Bake at 350°F, for 45 minutes. Remove and cool.
Glaze: Powdered sugar..... Orange juice..... Lemon rind, grated.....	12 oz..... ¼-⅓ cup..... 2 Tbsp.....	24 oz..... ½-⅔ cup..... 4 Tbsp.....	9. Stir orange juice and lemon rind into sugar, and drizzle over cake.

Serving: 1 piece

Nutrients Per Serving

Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A (IU)	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)
237.41	3.595	43.785	5.558	1.708	5222.8	2.642	47.898	1.074	40.379	216.25	1.102

APPENDIX A

List of Foods High in Iron- (At Least 1.0 mgs. of Iron per 2-Oz. Serving)

All Meats, Poultry and Fish
Dry Beans and Peas
Cheese (All Kinds, Including Cottage Cheese)
Eggs (Dried, Frozen, Whole)
Peanut Butter
Protein-fortified Pastas
Vegetable Protein Products (When Mixed with Meats, Poultry or Fish)

Foods Containing 0.30-0.60 mgs. of Iron per Serving

Canned Apricots
Canned Asparagus
Canned Beans (Green, Waxed and Lima)
Bean Sprouts
Canned Beets
Brussels Sprouts
Canned Cherries
Dried Fruits (Apples, Apricots, Dates, Figs, Peaches, Prunes, Raisins)
Canned Grapes
Parsnips
Green Peas
Canned Potatoes
Canned Sauerkraut
Winter Squash
Canned Tomatoes
Tomato Juice, Paste, Puree, Sauce
Sweet Potatoes
Dark Green, Leafy Vegetables
Vegetable Juice

All Enriched or Whole Grain Bread and Bread Alternates

APPENDIX B

List of Foods High in Vitamin C

25 mgs. or More per 1/4-Cup Serving

Acerola
Broccoli
Brussels Sprouts
Chile Peppers (Red and Green)
Guavas
Orange Juice
Oranges
Papayas
Sweet Peppers (Red and Green)

15-25 mgs. per 1/4-Cup Serving

Cauliflower
Collards
Cress
Grapefruit
Grapefruit Juice
Grapefruit-Orange Juice
Kale
Kohlrabi
Kumquats
Mangoes
Mustard Greens
Pineapple Juice (Canned)
Strawberries
Tangerine Juice
Tangerines

APPENDIX B

List of Foods High in Vitamin C

8-15 mgs. per 1/4-Cup Serving

Asparagus
Cabbage
Cantaloupe
Dandelion Greens
Honeydew Melon
Okra
Potatoes (Baked, Boiled or Steamed)
Potatoes (reconstituted, instant mashed with vitamin C restored)
Red Raspberries
Rutabagas
Sauerkraut
Spinach
Sweet Potatoes (Except Those Canned in Syrup)
Tangelos
Tomatoes
Tomato Juice or Reconstituted Paste or Puree
Turnip Greens
Turnips

APPENDIX C

List of Foods High in Vitamin A

1500 or more IUs

Beet Greens
Carrots
Swiss Chard
Red Chile Peppers
Collards
Cress
Dandelion Greens
Kale
Mangoes
Mixed Vegetables
Mustard Greens
Peas and Carrots
Sweet Red Peppers
Pumpkin
Spinach
Squash (Winter, Acorn, Hubbard and Butternut)
Sweet Potatoes
Turnip Greens

750-1500 IUs per 1/4 Cup Serving

Apricots
Broccoli
Cantaloupe
Chicory Greens
Papayas
Purple Plums (Canned)

750-1500 IUs per 1/2 Cup Serving

Asparagus
Red Sour Cherries
Green Chile Peppers
Curly Endive
Escarole
Nectarines
Peaches (Except Canned)
Tomatoes
Tomato Juice (Reconstituted Paste or Puree)

RULE OF 9

Grams of Fat X 9 X 100 ÷ Total Calories

APPENDIX E

Prepared Food Nutrient Analysis Sheets

Introduction

1-12 Grams of Fat

Green - "Go"

13-16 Grams of Fat

Orange - "Caution"

17 Grams of Fat and Up

Red - "Stop and Consider"

Menu analysis sheets tell you the fat grams in all kinds of milk and in bread products. If you control the fat in the entree, your menus will probably meet the guidelines.

Green - "Go"

MANUFACTURER: <i>Sabatasso Foods, Inc.</i>	MANUFACTURER: <i>Perdue Foodservice Sales</i>
PRODUCT NAME: <i>Breakfast Sausage and TVP Pizza</i>	PRODUCT NAME: <i>8/1# Turkey Franks</i>
CODE #: <i>6300C</i>	CODE #: <i>65669</i>
<i>Calories</i> <i>237.00</i> <i>Total Fat</i> <i>11.90 gms.</i> <i>Saturated Fat</i> <i>3.50 gms.</i> <i>Cholesterol</i> <i>14.00 mgs.</i> <i>Sodium</i> <i>632.00 mgs.</i> <i>Total Carbohydrate</i> <i>22.70 gms.</i> <i>Dietary Fiber</i> <i>1.30 gms.</i> <i>Sugars</i> <i>2.00 gms.</i> <i>Protein</i> <i>9.40 gms.</i>	<i>Fat</i> <i>5.00 gms. per oz.</i> <i>Carbohydrates</i> <i>1.00 gm. per oz.</i> <i>Protein</i> <i>4.00 gms. per oz.</i> <i>Ash</i> <i>1.00 gm. per oz.</i> <i>Calories</i> <i>65.00 per oz.</i> <i>Sodium</i> <i>270.00 mgs. per oz.</i>
<i>Vitamin A</i> <i>236.00 IU</i> <i>Calcium</i> <i>135.00 mgs.</i> <i>Vitamin C</i> <i>0.40 mgs.</i> <i>Iron</i> <i>1.80 mgs.</i> <i>Potassium</i> <i>108.00 mgs.</i> <i>Phosphorus</i> <i>48.00 mgs.</i> <i>Thiamin-B1</i> <i>0.27 mgs.</i> <i>Riboflavin-B2</i> <i>0.23 mgs.</i> <i>Niacin-B3</i> <i>2.18 mgs.</i>	

Green - "Go"

MANUFACTURER: <i>Perdue Foodservice Sales</i>		MANUFACTURER: <i>McCarty Foods</i>	
PRODUCT NAME: <i>10/1# Turkey Franks</i>		PRODUCT NAME: <i>CN-Oven-baked, Breaded White Chicken Patty, Fully-cooked, Heat-and-serve</i>	
CODE #: <i>65700</i>		CODE #: <i>CN-60164</i>	
<i>Fat</i>	<i>5.00 gms. per oz.</i>	<i>Fat</i>	<i>11.00 gms.</i>
<i>Carbohydrates</i>	<i>1.00 gm. per oz.</i>	<i>Saturated</i>	<i>3.00 gms.</i>
<i>Protein</i>	<i>4.00 gms. per oz.</i>	<i>Monounsaturated</i>	<i>5.00 gms.</i>
<i>Ash</i>	<i>1.00 gm. per oz.</i>	<i>Polyunsaturated</i>	<i>3.00 gms.</i>
<i>Calories</i>	<i>65.00 per oz.</i>	<i>Moisture</i>	<i>55.00 gms.</i>
<i>Sodium</i>	<i>270.00 mgs. per oz.</i>	<i>Protein</i>	<i>13.00 gms.</i>
		<i>Ash</i>	<i>2.00 gms.</i>
		<i>Cholesterol</i>	<i>106.00 mgs.</i>
		<i>Fiber</i>	<i>5.00 gms.</i>
		<i>Sodium</i>	<i>495.00 mgs.</i>
		<i>Calories</i>	<i>193.00 kcal</i>
		<i>Carbohydrate</i>	<i>13.00 gms.</i>
		<i>Iron</i>	<i>1.00 mg.</i>
		<i>Potassium</i>	<i>184.00 mgs.</i>
		<i>Calcium</i>	<i>17.00 mgs.</i>
		<i>Vitamin A</i>	<i>169.00 IU</i>
		<i>Vitamin C</i>	<i>2.00 mgs.</i>
		<i>Niacin</i>	<i>9.00 mgs.</i>
		<i>Vitamin B1</i>	<i>0.20 mgs.</i>
		<i>Vitamin B2</i>	<i>0.20 mgs.</i>

Green - "Go"

MANUFACTURER: <i>McCarty Foods</i>		MANUFACTURER: <i>Dubco New Mexico</i>	
PRODUCT NAME: <i>Southern-grilled Chicken Patties, Fully-cooked, Heat-and-serve</i>		PRODUCT NAME: <i>Breakfast Pals Heat 'n' Serve Pork Patties</i>	
CODE #: <i>60102</i>		CODE #: <i>22455-330</i>	
<i>Fat</i>	<i>11.38 gms.</i>	<i>Calories</i>	<i>80.00</i>
<i>Moisture</i>	<i>46.34 gms.</i>	<i>Calories from fat</i>	<i>50.00</i>
<i>Protein</i>	<i>12.54 gms.</i>	<i>Total Fat</i>	<i>5.00 gms.</i>
<i>Calories</i>	<i>165.00</i>	<i>Saturated Fat</i>	<i>2.00 gms.</i>
<i>Carbohydrates</i>	<i>3.22 gms.</i>	<i>Cholesterol</i>	<i>20.00 mgs.</i>
<i>Fat</i>		<i>Sodium</i>	<i>150.00 mgs.</i>
<i>Saturated</i>	<i>30.80%</i>	<i>Total Carbohydrate</i>	<i>1.00 gm.</i>
<i>Monounsaturated</i>	<i>48.60%</i>	<i>Dietary Fiber</i>	<i>1.00 gm.</i>
<i>Polyunsaturated</i>	<i>20.60%</i>	<i>Sugars</i>	<i>0.00 gms.</i>
<i>Ash</i>	<i>1.65 gms.</i>	<i>Protein</i>	<i>6.00 gms.</i>
<i>Sodium</i>	<i>377.00 mgs.</i>		
<i>Fiber</i>	<i>0.81 gms.</i>		
<i>Cholesterol</i>	<i>54.50 mgs.</i>		
<i>Potassium</i>	<i>275.00 mgs.</i>	<i>Vitamin A</i>	<i>0.00%</i>
<i>Calcium</i>	<i>19.20 mgs.</i>	<i>Vitamin C</i>	<i>0.00%</i>
<i>Iron</i>	<i>1.00 mg.</i>	<i>Calcium</i>	<i>2.00%</i>
<i>Vitamin A</i>	<i>104.00 IU</i>	<i>Iron</i>	<i>6.00%</i>
<i>Vitamin B1</i>	<i>0.09 mgs.</i>		
<i>Vitamin B2</i>	<i>0.15 mgs.</i>		
<i>Vitamin C</i>	<i>1.53 mgs.</i>		
<i>Niacin</i>	<i>2.59 mgs.</i>		

Green - "Go"

MANUFACTURER:	<i>Gorges Foodservice Inc./Tyson</i>	MANUFACTURER:	<i>Tyson/Gorges Foodservice Inc.</i>
PRODUCT NAME:	<i>Redi Ribs, Flame-broiled Pork Patties</i>	PRODUCT NAME:	<i>Fully-cooked, Seasoned, Flame-broiled Beef and Turkey Patty Crumbles</i>
CODE #:	<i>CN8840/22626-330</i>	CODE #:	<i>22035-330</i>
<i>Calories</i>	<i>170.00</i>	<i>Calories</i>	<i>150.00</i>
<i>Calories from Fat</i>	<i>99.00</i>	<i>Calories from Fat</i>	<i>70.00</i>
<i>Total Fat</i>	<i>11.00 gms.</i>	<i>Total Fat</i>	<i>8.00 gms.</i>
<i>Saturated Fat</i>	<i>4.00 gms.</i>	<i>Saturated Fat</i>	<i>3.50 oz.</i>
<i>Cholesterol</i>	<i>40.00</i>	<i>Cholesterol</i>	<i>45.00 mgs.</i>
<i>Sodium</i>	<i>170.00 mgs.</i>	<i>Sodium</i>	<i>210.00 mgs.</i>
<i>Total Carbohydrate</i>	<i>4.00 gms.</i>	<i>Total Carbohydrate</i>	<i>3.00 gms.</i>
<i>Dietary Fiber</i>	<i>2.00 gms.</i>	<i>Dietary Fiber</i>	<i>0.00 gms.</i>
<i>Sugars</i>	<i>2.00 gms.</i>	<i>Sugars</i>	<i>1.00 gm.</i>
<i>Protein</i>	<i>14.00 gms.</i>	<i>Protein</i>	<i>15.00 gms.</i>
<i>Vitamin A</i>	<i>2.00%</i>	<i>Vitamin A</i>	<i>2.00%</i>
<i>Vitamin C</i>	<i>8.00%</i>	<i>Vitamin C</i>	<i>0.00%</i>
<i>Calcium</i>	<i>6.00%</i>	<i>Calcium</i>	<i>4.00%</i>
<i>Iron</i>	<i>6.00%</i>	<i>Iron</i>	<i>10.00%</i>

Green - "Go"

MANUFACTURER: <i>Tyson/Gorges Foodservice Inc.</i>		MANUFACTURER: <i>Tyson</i>	
PRODUCT NAME: <i>Fully-cooked, Seasoned, Flame-broiled Turkey Patty Crumbles</i>		PRODUCT NAME: <i>Fully-cooked, Breaded Chicken Breast Patties-CN with Rib Meat</i>	
CODE #: <i>22034-330</i>		CODE #: <i>2379-928</i>	
<i>Calories</i>	<i>130.00</i>	<i>Calories</i>	<i>210.00</i>
<i>Calories from Fat</i>	<i>60.00</i>	<i>Calories from Fat</i>	<i>108.00</i>
<i>Total Fat</i>	<i>6.00 gms.</i>	<i>Total Fat</i>	<i>12.00 gms.</i>
<i>Saturated Fat</i>	<i>2.00 gms.</i>	<i>Saturated Fat</i>	<i>3.00 gms.</i>
<i>Cholesterol</i>	<i>50.00 mgs.</i>	<i>Cholesterol</i>	<i>50.00 mgs.</i>
<i>Sodium</i>	<i>220.00 mgs.</i>	<i>Sodium</i>	<i>350.00 mgs.</i>
<i>Total Carbohydrate</i>	<i>4.00 gms.</i>	<i>Total Carbohydrate</i>	<i>10.00 gms.</i>
<i>Dietary Fiber</i>	<i>0.00 gms.</i>	<i>Dietary Fiber</i>	<i>2.00 gms.</i>
<i>Sugars</i>	<i>1.00 gm.</i>	<i>Sugars</i>	<i>0.00 gms.</i>
<i>Protein</i>	<i>15.00 gms.</i>	<i>Protein</i>	<i>14.00 gms.</i>
<i>Vitamin A</i>	<i>2.00%</i>	<i>Vitamin A</i>	<i>0.00%</i>
<i>Vitamin C</i>	<i>2.00%</i>	<i>Vitamin C</i>	<i>0.00%</i>
<i>Calcium</i>	<i>6.00%</i>	<i>Calcium</i>	<i>2.00%</i>
<i>Iron</i>	<i>10.00%</i>	<i>Iron</i>	<i>6.00%</i>

Green - "Go"

MANUFACTURER: <i>Tyson</i>		MANUFACTURER: <i>Tyson</i>	
PRODUCT NAME: <i>Fully-cooked Chicken Breast Patties-CN with Rib Meat</i>		PRODUCT NAME: <i>BBQ Glazers, Fully-cooked, Bite-sized, Glazed Chicken Patties, Smoke Flavoring Added</i>	
CODE #: <i>2230-928</i>		CODE #: <i>2205-928</i>	
<i>Calories</i>	<i>130.00</i>	<i>Calories</i>	<i>140.00</i>
<i>Calories from Fat</i>	<i>60.00</i>	<i>Calories from Fat</i>	<i>81.00</i>
<i>Total Fat</i>	<i>7.00 gms.</i>	<i>Total Fat</i>	<i>9.00 gms.</i>
<i>Saturated Fat</i>	<i>2.00 gms.</i>	<i>Saturated Fat</i>	<i>2.00 gms.</i>
<i>Cholesterol</i>	<i>50.00 mgs.</i>	<i>Cholesterol</i>	<i>75.00 mgs.</i>
<i>Sodium</i>	<i>230.00 mgs.</i>	<i>Sodium</i>	<i>150.00 mgs.</i>
<i>Total Carbohydrate</i>	<i>0.00 gms.</i>	<i>Total Carbohydrate</i>	<i>1.00 gm.</i>
<i>Dietary Fiber</i>	<i>0.00 gms.</i>	<i>Dietary Fiber</i>	<i>0.00 gms.</i>
<i>Sugars</i>	<i>0.00 gms.</i>	<i>Sugars</i>	<i>2.00 gms.</i>
<i>Protein</i>	<i>16.00 gms.</i>	<i>Protein</i>	<i>13.00 gms.</i>
<i>Vitamin A</i>	<i>0.00%</i>	<i>Vitamin A</i>	<i>0.00%</i>
<i>Vitamin C</i>	<i>2.00%</i>	<i>Vitamin C</i>	<i>4.00%</i>
<i>Calcium</i>	<i>0.00%</i>	<i>Calcium</i>	<i>0.00%</i>
<i>Iron</i>	<i>2.00%</i>	<i>Iron</i>	<i>2.00%</i>

Green - "Go"

MANUFACTURER: <i>Holly Farms Food Service Inc.</i>		MANUFACTURER: <i>Tyson</i>	
PRODUCT NAME: <i>Ready-to-cook CN-Chicken Drumsticks</i>		PRODUCT NAME: <i>Fully-cooked Chicken Breast Patties-CN with Rib Meat</i>	
CODE #: <i>990</i>		CODE #: <i>2230-928</i>	
<i>Calories</i>	<i>170.00</i>	<i>Calories</i>	<i>130.00</i>
<i>Calories from Fat</i>	<i>72.00</i>	<i>Calories from Fat</i>	<i>63.00</i>
<i>Total Fat</i>	<i>8.00 gms.</i>	<i>Total Fat</i>	<i>7.00 gms.</i>
<i>Saturated Fat</i>	<i>2.50 gms.</i>	<i>Saturated Fat</i>	<i>2.00 gms.</i>
<i>Cholesterol</i>	<i>125.00 mgs.</i>	<i>Cholesterol</i>	<i>50.00 mgs.</i>
<i>Sodium</i>	<i>95.00 mgs.</i>	<i>Sodium</i>	<i>230.00 mgs.</i>
<i>Total Carbohydrate</i>	<i>0.00 gms.</i>	<i>Total Carbohydrate</i>	<i>0.00 gms.</i>
<i>Dietary Fiber</i>	<i>0.00 gms.</i>	<i>Dietary Fiber</i>	<i>0.00 gms.</i>
<i>Sugars</i>	<i>0.00 gms.</i>	<i>Sugars</i>	<i>0.00 gms.</i>
<i>Protein</i>	<i>24.00 gms.</i>	<i>Protein</i>	<i>16.00 gms.</i>
<i>Vitamin A</i>	<i>0.00%</i>	<i>Vitamin A</i>	<i>0.00%</i>
<i>Vitamin C</i>	<i>8.00%</i>	<i>Vitamin B</i>	<i>2.00%</i>
<i>Calcium</i>	<i>0.00%</i>	<i>Calcium</i>	<i>0.00%</i>
<i>Iron</i>	<i>6.00%</i>	<i>Iron</i>	<i>2.00%</i>

Green - "Go"

MANUFACTURER: <i>Gorges Foodservice Inc./Tyson</i>		MANUFACTURER: <i>Dubco New Mexico</i>	
PRODUCT NAME: <i>Mini-Tenders, Fully-cooked, Breaded Turkey Patties (Mini-tender-shaped)</i>			
CODE #: <i>CN2865/22287-330</i>		CODE #: <i>2379-928</i>	
<i>Calories</i>	<i>201.00</i>	<i>Calories</i>	<i>210.00</i>
<i>Calories from Fat</i>	<i>45.00</i>	<i>Calories from Fat</i>	<i>110.00</i>
<i>Total Fat</i>	<i>5.00 gms.</i>	<i>Total Fat</i>	<i>12.00 gms.</i>
<i>Saturated Fat</i>	<i>1.00 gm.</i>	<i>Saturated Fat</i>	<i>3.00 gms.</i>
<i>Cholesterol</i>	<i>46.00 mgs.</i>	<i>Cholesterol</i>	<i>50.00 mgs.</i>
<i>Sodium</i>	<i>918.00 mgs.</i>	<i>Sodium</i>	<i>350.00 mgs.</i>
<i>Total Carbohydrate</i>	<i>16.00 gms.</i>	<i>Total Carbohydrate</i>	<i>10.00 gms.</i>
<i>Dietary Fiber</i>	<i>1.00 gm.</i>	<i>Dietary Fiber</i>	<i>2.00 gms.</i>
<i>Sugars</i>	<i>0.00 gms.</i>	<i>Sugars</i>	<i>0.00 gms.</i>
<i>Protein</i>	<i>22.00 gms.</i>	<i>Protein</i>	<i>14.00 gms.</i>
<i>Vitamin A</i>	<i>0.00%</i>	<i>Vitamin A</i>	<i>0.00%</i>
<i>Vitamin C</i>	<i>0.00%</i>	<i>Vitamin C</i>	<i>0.00%</i>
<i>Calcium</i>	<i>6.00%</i>	<i>Calcium</i>	<i>2.00%</i>
<i>Iron</i>	<i>9.00%</i>	<i>Iron</i>	<i>6.00%</i>

Green - "Go"

MANUFACTURER: <i>Holly Farms Food Service, Inc.</i>		MANUFACTURER: <i>Tyson</i>	
PRODUCT NAME: <i>Fully-cooked Chicken Patty Nuggets-CN</i>		PRODUCT NAME: <i>Fully-cooked Chicken Patties-CN</i>	
CODE #: <i>0430-405</i>		CODE #: <i>0431-928</i>	
<i>Calories</i>	<i>150.00</i>	<i>Calories</i>	<i>160.00</i>
<i>Calories from Fat</i>	<i>99.00</i>	<i>Calories from Fat</i>	<i>108.00</i>
<i>Total Fat</i>	<i>11.00 gms.</i>	<i>Total Fat</i>	<i>12.00 gms.</i>
<i>Saturated Fat</i>	<i>3.00 gms.</i>	<i>Saturated Fat</i>	<i>4.00 gms.</i>
<i>Cholesterol</i>	<i>70.00 mgs.</i>	<i>Cholesterol</i>	<i>75.00 mgs.</i>
<i>Sodium</i>	<i>510.00 mgs.</i>	<i>Sodium</i>	<i>560.00 mgs.</i>
<i>Total Carbohydrate</i>	<i>1.00 gm.</i>	<i>Total Carbohydrate</i>	<i>1.00 gm.</i>
<i>Dietary Fiber</i>	<i>1.00 gm.</i>	<i>Dietary Fiber</i>	<i>1.00 gm.</i>
<i>Sugars</i>	<i>0.00 gms.</i>	<i>Sugars</i>	<i>0.00 gms.</i>
<i>Protein</i>	<i>11.00 gms.</i>	<i>Protein</i>	<i>12.00 gms.</i>
<i>Vitamin A</i>	<i>2.00%</i>	<i>Vitamin A</i>	<i>2.00%</i>
<i>Vitamin C</i>	<i>0.00%</i>	<i>Vitamin C</i>	<i>0.00%</i>
<i>Calcium</i>	<i>0.00%</i>	<i>Calcium</i>	<i>0.00%</i>
<i>Iron</i>	<i>0.00%</i>	<i>Iron</i>	<i>2.00%</i>

Green - "Go"

MANUFACTURER: <i>Tyson</i>		MANUFACTURER: <i>Tyson</i>	
PRODUCT NAME: <i>Fully-cooked Grilled Chicken Patties-CN</i>		PRODUCT NAME: <i>Fully-cooked Grilled Chicken Patty Nuggets-CN</i>	
CODE #: <i>0515-928</i>		CODE #: <i>0488-928</i>	
<i>Calories</i>	<i>100.00</i>	<i>Calories</i>	<i>100.00</i>
<i>Calories from Fat</i>	<i>40.50</i>	<i>Calories from Fat</i>	<i>40.00</i>
<i>Total Fat</i>	<i>4.50 gms.</i>	<i>Total Fat</i>	<i>4.50 gms.</i>
<i>Saturated Fat</i>	<i>1.50 gms.</i>	<i>Saturated Fat</i>	<i>1.50 gms.</i>
<i>Cholesterol</i>	<i>45.00 mgs.</i>	<i>Cholesterol</i>	<i>35.00 mgs.</i>
<i>Sodium</i>	<i>210.00 mgs.</i>	<i>Sodium</i>	<i>180.00 mgs.</i>
<i>Total Carbohydrate</i>	<i>3.00 gms.</i>	<i>Total Carbohydrate</i>	<i>2.00 gms.</i>
<i>Dietary Fiber</i>	<i>1.00 gm.</i>	<i>Dietary Fiber</i>	<i>1.00 gm.</i>
<i>Sugars</i>	<i>0.00 gms.</i>	<i>Sugars</i>	<i>0.00 gms.</i>
<i>Protein</i>	<i>13.00 gms.</i>	<i>Protein</i>	<i>13.00 gms.</i>
<i>Vitamin A</i>	<i>2.00%</i>	<i>Vitamin A</i>	<i>2.00%</i>
<i>Vitamin C</i>	<i>0.00%</i>	<i>Vitamin C</i>	<i>2.00%</i>
<i>Calcium</i>	<i>2.00%</i>	<i>Calcium</i>	<i>2.00%</i>
<i>Iron</i>	<i>6.00%</i>	<i>Iron</i>	<i>6.00%</i>

Green - "Go"

MANUFACTURER: <i>Multifoods Prepared Foods Division</i>		MANUFACTURER: <i>Tyson</i>	
PRODUCT NAME: <i>Bulk Regular Burritos - Child Nutrition - Eggs and Cheese, CN</i>		PRODUCT NAME: <i>Fully-cooked Grilled Chicken Patties-CN</i>	
CODE #: <i>10815</i>		CODE #: <i>0441-928</i>	
<i>Total Calories</i>	<i>290.00</i>	<i>Calories</i>	<i>110.00</i>
<i>Calories from Fat</i>	<i>100.00</i>	<i>Calories from Fat</i>	<i>54.00</i>
<i>Total Fat</i>	<i>11.00 gms.</i>	<i>Total Fat</i>	<i>6.00 gms.</i>
<i>Saturated Fat</i>	<i>3.00 gms.</i>	<i>Saturated Fat</i>	<i>1.50 gms.</i>
<i>Cholesterol</i>	<i>130.00 mgs.</i>	<i>Cholesterol</i>	<i>55.00 mgs.</i>
<i>Sodium</i>	<i>440.00 mgs.</i>	<i>Sodium</i>	<i>270.00 mgs.</i>
<i>Carbohydrate</i>	<i>38.00 gms.</i>	<i>Total Carbohydrate</i>	<i>0.00 gms.</i>
<i>Dietary Fiber</i>	<i>6.00 gms.</i>	<i>Dietary Fiber</i>	<i>0.00 gms.</i>
<i>Sugars</i>	<i>1.00 gm.</i>	<i>Sugars</i>	<i>0.00 gms.</i>
<i>Protein</i>	<i>14.00 gms.</i>	<i>Protein</i>	<i>15.00 gms.</i>
<i>Vitamin A</i>	<i>10.00%</i>	<i>Vitamin A</i>	<i>0.00%</i>
<i>Vitamin C</i>	<i>15.00%</i>	<i>Vitamin C</i>	<i>0.00%</i>
<i>Calcium</i>	<i>15.00%</i>	<i>Calcium</i>	<i>2.00%</i>
<i>Iron</i>	<i>15.00%</i>	<i>Iron</i>	<i>6.00%</i>

Green - "Go"

MANUFACTURER: <i>Multifoods Prepared Foods Division</i>		MANUFACTURER: <i>Multifoods Prepared Foods Division</i>	
PRODUCT NAME: <i>Bulk Regular Burritos - Child Nutrition - Beef and Bean - CN</i>		PRODUCT NAME: <i>Bulk Regular Burritos - Child Nutrition - Chicken and Bean, Red Chili - CN</i>	
CODE #: <i>11210</i>		CODE #: <i>11760</i>	
<i>Total Calories</i>	<i>237.00</i>	<i>Total Calories</i>	<i>283.00</i>
<i>Calories from Fat</i>	<i>64.00</i>	<i>Calories from Fat</i>	<i>57.00</i>
<i>Total Fat</i>	<i>7.00 gms.</i>	<i>Total Fat</i>	<i>6.00 gms.</i>
<i>Saturated Fat</i>	<i>2.00 gms.</i>	<i>Saturated Fat</i>	<i>1.00 gm.</i>
<i>Cholesterol</i>	<i>14.00 mgs.</i>	<i>Cholesterol</i>	<i>30.00 mgs.</i>
<i>Sodium</i>	<i>353.00 mgs.</i>	<i>Sodium</i>	<i>637.00 mgs.</i>
<i>Carbohydrate</i>	<i>34.00 gms.</i>	<i>Carbohydrate</i>	<i>41.00 gms.</i>
<i>Dietary Fiber</i>	<i>2.00 gms.</i>	<i>Dietary Fiber</i>	<i>4.00 gms.</i>
<i>Sugars</i>	<i>0.00 gms.</i>	<i>Sugars</i>	<i>0.00 gms.</i>
<i>Protein</i>	<i>10.00 gms.</i>	<i>Protein</i>	<i>17.00 gms.</i>
<i>Vitamin A</i>	<i>2.00%</i>	<i>Vitamin A</i>	<i>8.00%</i>
<i>Vitamin C</i>	<i>Less than 2.00% of US RDI</i>	<i>Vitamin C</i>	<i>3.00%</i>
<i>Calcium</i>	<i>4.00%</i>	<i>Calcium</i>	<i>7.00%</i>
<i>Iron</i>	<i>15.00%</i>	<i>Iron</i>	<i>22.00%</i>

Green - "Go"

MANUFACTURER: <i>Multifoods Prepared Foods Division</i>		MANUFACTURER: <i>Multifoods Prepared Foods Division</i>	
PRODUCT NAME: <i>Bulk Regular Burritos - Child Nutrition - Chicken and Bean, Red Chili - CN</i>		PRODUCT NAME: <i>Bulk Regular Burritos - Child Nutrition - Beef and Bean, Red Chili - CN</i>	
CODE #: <i>12760</i>		CODE #: <i>13110</i>	
<i>Total Calories</i>	<i>210.00</i>	<i>Total Calories</i>	<i>314.00</i>
<i>Calories from Fat</i>	<i>37.00</i>	<i>Calories from Fat</i>	<i>95.00</i>
<i>Total Fat</i>	<i>4.00 gms.</i>	<i>Total Fat</i>	<i>11.00 gms.</i>
<i>Saturated Fat</i>	<i>1.00 gm.</i>	<i>Saturated Fat</i>	<i>4.00 gms.</i>
<i>Cholesterol</i>	<i>14.00 mgs.</i>	<i>Cholesterol</i>	<i>25.00 mgs.</i>
<i>Sodium</i>	<i>409.00 mgs.</i>	<i>Sodium</i>	<i>595.00 mgs.</i>
<i>Carbohydrate</i>	<i>33.00 gms.</i>	<i>Carbohydrate</i>	<i>40.00 gms.</i>
<i>Dietary Fiber</i>	<i>2.00 gms.</i>	<i>Dietary Fiber</i>	<i>3.00 gms.</i>
<i>Sugars</i>	<i>0.00 gms.</i>	<i>Sugars</i>	<i>0.00 gms.</i>
<i>Protein</i>	<i>10.00 gms.</i>	<i>Protein</i>	<i>15.00 gms.</i>
<i>Vitamin A</i>	<i>5.00%</i>	<i>Vitamin A</i>	<i>4.00%</i>
<i>Vitamin C</i>	<i>2.00%</i>	<i>Vitamin C</i>	<i>3.00%</i>
<i>Calcium</i>	<i>4.00%</i>	<i>Calcium</i>	<i>7.00%</i>
<i>Iron</i>	<i>15.00%</i>	<i>Iron</i>	<i>21.00%</i>

Green - "Go"

MANUFACTURER: <i>Multifoods Prepared Foods Division</i>		MANUFACTURER: <i>Multifoods Prepared Foods Division</i>	
PRODUCT NAME: <i>Bulk Regular Burritos - Child Nutrition - Beef and Bean, Red Chili - CN</i>		PRODUCT NAME: <i>Bulk Regular Burritos - Child Nutrition - Beef and Bean, Green Chili - CN</i>	
CODE #: <i>13500</i>		CODE #: <i>14110</i>	
<i>Total Calories</i>	<i>314.00</i>	<i>Total Calories</i>	<i>315.00</i>
<i>Calories from Fat</i>	<i>95.00</i>	<i>Calories from Fat</i>	<i>97.00</i>
<i>Total Fat</i>	<i>11.00 gms.</i>	<i>Total Fat</i>	<i>11.00 gms.</i>
<i>Saturated Fat</i>	<i>4.00 gms.</i>	<i>Saturated Fat</i>	<i>4.00 gms.</i>
<i>Cholesterol</i>	<i>25.00 mgs.</i>	<i>Cholesterol</i>	<i>26.00 mgs.</i>
<i>Sodium</i>	<i>598.00 mgs.</i>	<i>Sodium</i>	<i>550.00 mgs.</i>
<i>Carbohydrate</i>	<i>40.00 gms.</i>	<i>Carbohydrate</i>	<i>40.00 gms.</i>
<i>Dietary Fiber</i>	<i>3.00 gms.</i>	<i>Dietary Fiber</i>	<i>3.00 gms.</i>
<i>Sugars</i>	<i>0.00 gms.</i>	<i>Sugars</i>	<i>0.00 gms.</i>
<i>Protein</i>	<i>15.00 gms.</i>	<i>Protein</i>	<i>15.00 gms.</i>
<i>Vitamin A</i>	<i>4.00%</i>	<i>Vitamin A</i>	<i>2.00%</i>
<i>Vitamin C</i>	<i>3.00%</i>	<i>Vitamin C</i>	<i>6.00%</i>
<i>Calcium</i>	<i>7.00%</i>	<i>Calcium</i>	<i>6.00%</i>
<i>Iron</i>	<i>21.00%</i>	<i>Iron</i>	<i>21.00%</i>

Green - "Go"

MANUFACTURER:	<i>Multifoods Prepared Foods Division</i>	MANUFACTURER:	<i>Multifoods Prepared Foods Division</i>
PRODUCT NAME:	<i>Bulk Prefried Burritos/Enchiladas - Child Nutrition - Enchilada, Beef - CN</i>	PRODUCT NAME:	<i>Bulk Prefried Burritos/Enchiladas - Child Nutrition - Beef and Bean, Red Chili - CN</i>
CODE #:	09817	CODE #:	21200
<i>Total Calories</i>	98.00	<i>Total Calories</i>	263.00
<i>Calories from Fat</i>	49.00	<i>Calories from Fat</i>	97.00
<i>Total Fat</i>	5.00 gms.	<i>Total Fat</i>	11.00 gms.
<i>Saturated Fat</i>	1.00 gm.	<i>Saturated Fat</i>	3.00 gms.
<i>Cholesterol</i>	10.00 mgs.	<i>Cholesterol</i>	14.00 mgs.
<i>Sodium</i>	86.00 mgs.	<i>Sodium</i>	341.00 mgs.
<i>Carbohydrate</i>	9.00 gms.	<i>Carbohydrate</i>	32.00 gms.
<i>Dietary Fiber</i>	2.00 gms.	<i>Dietary Fiber</i>	2.00 gms.
<i>Sugars</i>	0.00 gms.	<i>Sugars</i>	0.00 gms.
<i>Protein</i>	4.00 gms.	<i>Protein</i>	9.00 gms.
<i>Vitamin A</i>	3.00%	<i>Vitamin A</i>	2.00%
<i>Vitamin C</i>	3.00%	<i>Vitamin C</i>	<i>Less than 2.00% of US RDI</i>
<i>Calcium</i>	3.00%	<i>Calcium</i>	4.00%
<i>Iron</i>	7.00%	<i>Iron</i>	15.00%

Green - "Go"

MANUFACTURER: <i>Multifoods Prepared Foods Division</i>		MANUFACTURER: <i>Multifoods Prepared Foods Division</i>	
PRODUCT NAME: <i>Cheddar Cheese Products - Bean and Cheese</i>		PRODUCT NAME: <i>Cheddar Cheese Products - Bean and Cheese</i>	
CODE #: <i>80801</i>		CODE #: <i>80825</i>	
<i>Total Calories</i>	<i>330.00</i>	<i>Total Calories</i>	<i>330.00</i>
<i>Calories from Fat</i>	<i>100.00</i>	<i>Calories from Fat</i>	<i>100.00</i>
<i>Total Fat</i>	<i>11.00 gms.</i>	<i>Total Fat</i>	<i>11.00 gms.</i>
<i>Saturated Fat</i>	<i>5.00 gms.</i>	<i>Saturated Fat</i>	<i>5.00 gms.</i>
<i>Cholesterol</i>	<i>20.00 mgs.</i>	<i>Cholesterol</i>	<i>20.00 mgs.</i>
<i>Sodium</i>	<i>648.00 mgs.</i>	<i>Sodium</i>	<i>648.00 mgs.</i>
<i>Carbohydrate</i>	<i>44.00 gms.</i>	<i>Carbohydrate</i>	<i>44.00 gms.</i>
<i>Dietary Fiber</i>	<i>3.00 gms.</i>	<i>Dietary Fiber</i>	<i>3.00 gms.</i>
<i>Sugars</i>	<i>0.00 gms.</i>	<i>Sugars</i>	<i>0.00 gms.</i>
<i>Protein</i>	<i>14.00 gms.</i>	<i>Protein</i>	<i>14.00 gms.</i>
<i>Vitamin A</i>	<i>15.00%</i>	<i>Vitamin A</i>	<i>15.00%</i>
<i>Vitamin C</i>	<i>24.00%</i>	<i>Vitamin C</i>	<i>24.00%</i>
<i>Calcium</i>	<i>19.00%</i>	<i>Calcium</i>	<i>19.00%</i>
<i>Iron</i>	<i>20.00%</i>	<i>Iron</i>	<i>20.00%</i>

Green - "Go"

MANUFACTURER: <i>Multifoods Prepared Foods Division</i>		MANUFACTURER: <i>Holly Farms Food Service</i>	
PRODUCT NAME: <i>Bulk Prefried Burritos/Enchiladas - Child Nutrition - Chicken and Bean, Red Chili - CN - Prefried</i>		PRODUCT NAME: <i>Fully-cooked, Fillet-style, Breaded Chicken Breast with Rib Meat (Chopped and Formed)</i>	
CODE #: 21760		CODE #: 0970-405	
<i>Total Calories</i>	<i>318.00</i>	<i>Calories</i>	<i>180.00</i>
<i>Calories from Fat</i>	<i>99.00</i>	<i>Calories from Fat</i>	<i>100.00</i>
<i>Total Fat</i>	<i>11.00 gms.</i>	<i>Total Fat</i>	<i>11.00 gms.</i>
<i>Saturated Fat</i>	<i>2.00 gms.</i>	<i>Saturated Fat</i>	<i>2.50 gms.</i>
<i>Cholesterol</i>	<i>30.00 mgs.</i>	<i>Cholesterol</i>	<i>40.00 mgs.</i>
<i>Sodium</i>	<i>621.00 mgs.</i>	<i>Sodium</i>	<i>220.00 mgs.</i>
<i>Carbohydrate</i>	<i>39.00 gms.</i>	<i>Total Carbohydrate</i>	<i>9.00 gms.</i>
<i>Dietary Fiber</i>	<i>4.00 gms.</i>	<i>Dietary Fiber</i>	<i>1.00 gm.</i>
<i>Sugars</i>	<i>0.00 gms.</i>	<i>Sugars</i>	<i>0.00 gms.</i>
<i>Protein</i>	<i>16.00 gms.</i>	<i>Protein</i>	<i>12.00 gms.</i>
<i>Vitamin A</i>	<i>8.00%</i>	<i>Vitamin A</i>	<i>0.00%</i>
<i>Vitamin C</i>	<i>3.00%</i>	<i>Vitamin C</i>	<i>0.00%</i>
<i>Calcium</i>	<i>7.00%</i>	<i>Calcium</i>	<i>0.00%</i>
<i>Iron</i>	<i>21.00%</i>	<i>Iron</i>	<i>0.00%</i>

Green - "Go"

MANUFACTURER: <i>Holly Farms Food Service</i>		MANUFACTURER: <i>Rainbow Baking Company of Albuquerque</i>	
PRODUCT NAME: <i>Fully-cooked, Breaded Chicken Breast Patty with Rib Meat</i>		PRODUCT NAME: <i>Giant Sandwich White Enriched Bread</i>	
CODE #: <i>0447-405</i>		CODE #:	
<i>Calories</i>	<i>240.00</i>	<i>Calories</i>	<i>70.00</i>
<i>Calories from Fat</i>	<i>117.00</i>	<i>Protein</i>	<i>2.00 gms.</i>
<i>Total Fat</i>	<i>13.00 gms.</i>	<i>Carbohydrates</i>	<i>14.00 gms.</i>
<i>Saturated Fat</i>	<i>3.00 gms.</i>	<i>Total Dietary Fiber</i>	<i>1.00 gm.</i>
<i>Cholesterol</i>	<i>35.00 mgs.</i>	<i>Total Fat</i>	<i>1.00 gm.</i>
<i>Sodium</i>	<i>470.00 mgs.</i>	<i>Polyunsaturated Fat</i>	<i>0.30 gms.</i>
<i>Total Carbohydrate</i>	<i>15.00 gms.</i>	<i>Saturated Fat</i>	<i>0.20 gms.</i>
<i>Dietary Fiber</i>	<i>2.00 gms.</i>	<i>Cholesterol</i>	<i>0.00 mgs.</i>
<i>Sugars</i>	<i>1.00 gm.</i>	<i>Sugars</i>	<i>2.00 gms.</i>
<i>Protein</i>	<i>16.00 gms.</i>	<i>Sodium</i>	<i>140.00 mgs.</i>
		<i>Protein</i>	<i>4.00%</i>
<i>Vitamin A</i>	<i>0.00%</i>	<i>Thiamine</i>	<i>6.00%</i>
<i>Vitamin C</i>	<i>0.00%</i>	<i>Riboflavin</i>	<i>4.00%</i>
<i>Calcium</i>	<i>4.00%</i>	<i>Niacin</i>	<i>4.00%</i>
<i>Iron</i>	<i>6.00%</i>	<i>Calcium</i>	<i>2.00%</i>
		<i>Iron</i>	<i>4.00%</i>

Green - "Go"

MANUFACTURER: <i>Rainbo Baking Company of Albuquerque</i>	MANUFACTURER: <i>Rainbo Baking Company of Albuquerque</i>
PRODUCT NAME: <i>Whole Wheat Sandwich Bread</i>	PRODUCT NAME: <i>Enriched 4" Seeded or Plain Hamburger Buns</i>
CODE #:	CODE #:
<i>Calories</i> 70.00 <i>Protein</i> 3.00 gms. <i>Carbohydrates</i> 13.00 gms. <i>Total Dietary Fiber</i> 2.00 gms. <i>Total Fat</i> 1.00 gm. <i>Polyunsaturated Fat</i> 0.50 gms. <i>Saturated Fat</i> 0.30 gms. <i>Cholesterol</i> 0.00 mgs. <i>Sugars</i> 2.00 gms. <i>Sodium</i> 140.00 mgs. <i>Protein</i> 4.00%	<i>Calories</i> 150.00 <i>Protein</i> 5.00 gms. <i>Carbohydrates</i> 28.00 gms. <i>Total Dietary Fiber</i> 2.00 gms. <i>Total Fat</i> 2.00 gms. <i>Polyunsaturated Fat</i> 0.80 gms. <i>Saturated Fat</i> 0.80 gms. <i>Cholesterol</i> 0.00 mgs. <i>Sugars</i> 3.00 gms. <i>Sodium</i> 310.00 mgs. <i>Protein</i> 8.00%
<i>Thiamine</i> 6.00% <i>Riboflavin</i> <i>Niacin</i> 4.00% <i>Calcium</i> <i>Iron</i> 2.00%	<i>Thiamine</i> 10.00% <i>Riboflavin</i> 6.00% <i>Niacin</i> 8.00% <i>Calcium</i> 6.00% <i>Iron</i> 8.00%

Green - "Go"

MANUFACTURER: <i>Rainbo Baking Company of Albuquerque</i>		MANUFACTURER: <i>Rainbo Baking Company of Albuquerque</i>	
PRODUCT NAME: <i>Enriched Hot Dog Buns</i>		PRODUCT NAME: <i>Enriched Seeded Hoagie Buns</i>	
CODE #:		CODE #:	
<i>Calories</i>	<i>120.00</i>	<i>Calories</i>	<i>300.00</i>
<i>Protein</i>	<i>4.00 gms.</i>	<i>Protein</i>	<i>10.00 gms.</i>
<i>Carbohydrates</i>	<i>23.00 gms.</i>	<i>Carbohydrates</i>	<i>57.00 gms.</i>
<i>Total Dietary Fiber</i>	<i>1.00 gm.</i>	<i>Total Dietary Fiber</i>	<i>3.00 gms.</i>
<i>Total Fat</i>	<i>2.00 gms.</i>	<i>Total Fat</i>	<i>4.00 gms.</i>
<i>Polyunsaturated Fat</i>	<i>0.80 gms.</i>	<i>Polyunsaturated Fat</i>	<i>1.50 gms.</i>
<i>Saturated Fat</i>	<i>0.80 gms.</i>	<i>Saturated Fat</i>	<i>1.50 gms.</i>
<i>Cholesterol</i>	<i>0.00 mgs.</i>	<i>Cholesterol</i>	<i>0.00 mgs.</i>
<i>Sugars</i>	<i>2.00 gms.</i>	<i>Sugars</i>	<i>4.00 gms.</i>
<i>Sodium</i>	<i>250.00 mgs.</i>	<i>Sodium</i>	<i>640.00 mgs.</i>
<i>Protein</i>	<i>6.00%</i>	<i>Protein</i>	<i>15.00%</i>
<i>Thiamine</i>	<i>10.00%</i>	<i>Thiamine</i>	<i>15.00%</i>
<i>Riboflavin</i>	<i>6.00%</i>	<i>Riboflavin</i>	<i>15.00%</i>
<i>Niacin</i>	<i>6.00%</i>	<i>Niacin</i>	<i>10.00%</i>
<i>Calcium</i>	<i>4.00%</i>	<i>Calcium</i>	<i>15.00%</i>
<i>Iron</i>	<i>6.00%</i>	<i>Iron</i>	<i>4.00%</i>

Green "Go"

MANUFACTURER: <i>Sfoggio's Italian Products</i>		MANUFACTURER: <i>Sfoggio's Italian Products</i>	
PRODUCT NAME: <i>Ben E. Keith Italian Pizza Crust</i>		PRODUCT NAME: <i>Italian Pizza Bread</i>	
CODE #:		CODE #:	
<i>Calories</i>	<i>150.00</i>	<i>Calories</i>	<i>150.00</i>
<i>Calories from Fat</i>	<i>25.00</i>	<i>Calories from Fat</i>	<i>25.00</i>
<i>Total Fat</i>	<i>3.00 gms.</i>	<i>Total Fat</i>	<i>3.00 gms.</i>
<i>Saturated Fat</i>	<i>0.00 gms.</i>	<i>Saturated Fat</i>	<i>0.00 gms.</i>
<i>Cholesterol</i>	<i>0.00 mgs.</i>	<i>Cholesterol</i>	<i>0.00 mgs.</i>
<i>Sodium</i>	<i>360 mgs.</i>	<i>Sodium</i>	<i>360 mgs.</i>
<i>Total Carbohydrate</i>	<i>24.00 gms.</i>	<i>Total Carbohydrate</i>	<i>24.00 gms.</i>
<i>Dietary Fiber</i>	<i>2.00 gms.</i>	<i>Dietary Fiber</i>	<i>2.00 gms.</i>
<i>Sugar</i>	<i>0.00 gms.</i>	<i>Sugar</i>	<i>0.00 gms.</i>
<i>Protein</i>	<i>6.00 gms.</i>	<i>Protein</i>	<i>6.00 gms.</i>
<i>Vitamin A</i>	<i>0.00%</i>	<i>Vitamin A</i>	<i>0.00%</i>
<i>Vitamin C</i>	<i>0.00%</i>	<i>Vitamin C</i>	<i>0.00%</i>
<i>Calcium</i>	<i>3.00%</i>	<i>Calcium</i>	<i>3.00%</i>
<i>Iron</i>	<i>6.00%</i>	<i>Iron</i>	<i>6.00%</i>

Orange - "Caution"

MANUFACTURER: <i>Holly Farms Food Service</i>		MANUFACTURER: <i>Holly Farms Food Service</i>	
PRODUCT NAME: <i>Fully-cooked, Breaded Chicken Breast Patty with Rib Meat</i>		PRODUCT NAME: <i>Fully-cooked Chicken Cutlets - Chopped and Formed</i>	
CODE #: <i>0447-405</i>		CODE #: <i>0433-405</i>	
<i>Calories</i>	<i>240.00</i>	<i>Calories</i>	<i>210.00</i>
<i>Calories from Fat</i>	<i>117.00</i>	<i>Calories from Fat</i>	<i>140.00</i>
<i>Total Fat</i>	<i>13.00 gms.</i>	<i>Total Fat</i>	<i>16.00 gms.</i>
<i>Saturated Fat</i>	<i>3.00 gms.</i>	<i>Saturated Fat</i>	<i>4.50 gms.</i>
<i>Cholesterol</i>	<i>35.00 mgs.</i>	<i>Cholesterol</i>	<i>100.00 mgs.</i>
<i>Sodium</i>	<i>470.00 mgs.</i>	<i>Sodium</i>	<i>730.00 mgs.</i>
<i>Total Carbohydrate</i>	<i>15.00 gms.</i>	<i>Total Carbohydrate</i>	<i>2.00 gms.</i>
<i>Dietary Fiber</i>	<i>2.00 gms.</i>	<i>Dietary Fiber</i>	<i>1.00 gm.</i>
<i>Sugars</i>	<i>1.00 gm.</i>	<i>Sugars</i>	<i>0.00 gms.</i>
<i>Protein</i>	<i>16.00 gms.</i>	<i>Protein</i>	<i>16.00 gms.</i>
<i>Vitamin A</i>	<i>0.00%</i>	<i>Vitamin A</i>	<i>2.00%</i>
<i>Vitamin C</i>	<i>0.00%</i>	<i>Vitamin C</i>	<i>0.00%</i>
<i>Calcium</i>	<i>4.00%</i>	<i>Calcium</i>	<i>0.00%</i>
<i>Iron</i>	<i>6.00%</i>	<i>Iron</i>	<i>6.00%</i>

Orange - "Caution"

MANUFACTURER: <i>Tyson</i>		MANUFACTURER: <i>Dubco New Mexico</i>	
PRODUCT NAME: <i>Fully-cooked Breaded Chicken Breast Patties-CN with Rib Meat</i>		PRODUCT NAME: <i>CN-Breaded Chicken Breast Chunks with Rib Meat - Chopped and Formed</i>	
CODE #: <i>2340-928</i>		CODE #: <i>2378-928</i>	
<i>Calories</i>	<i>240.00</i>	<i>Calories</i>	<i>220.00</i>
<i>Calories from Fat</i>	<i>126.00</i>	<i>Calories from Fat</i>	<i>120.00</i>
<i>Total Fat</i>	<i>14.00 gms.</i>	<i>Total Fat</i>	<i>14.00 gms.</i>
<i>Saturated Fat</i>	<i>3.50 gms.</i>	<i>Saturated Fat</i>	<i>3.00 gms.</i>
<i>Cholesterol</i>	<i>80.00 mgs.</i>	<i>Cholesterol</i>	<i>45.00 mgs.</i>
<i>Sodium</i>	<i>570.00 mgs.</i>	<i>Sodium</i>	<i>430.00 mgs.</i>
<i>Total Carbohydrate</i>	<i>14.00 gms.</i>	<i>Total Carbohydrate</i>	<i>8.00 gms.</i>
<i>Dietary Fiber</i>	<i>3.00 gms.</i>	<i>Dietary Fiber</i>	<i>1.00 gm.</i>
<i>Sugars</i>	<i>1.00 gm.</i>	<i>Sugars</i>	<i>0.00 gms.</i>
<i>Protein</i>	<i>14.00 gms.</i>	<i>Protein</i>	<i>14.00 gms.</i>
<i>Vitamin A</i>	<i>2.00%</i>	<i>Vitamin A</i>	<i>0.00%</i>
<i>Vitamin C</i>	<i>0.00%</i>	<i>Vitamin C</i>	<i>0.00%</i>
<i>Calcium</i>	<i>4.00%</i>	<i>Calcium</i>	<i>2.00%</i>
<i>Iron</i>	<i>6.00%</i>	<i>Iron</i>	<i>8.00%</i>

Orange - "Caution"

MANUFACTURER: <i>Tyson</i>		MANUFACTURER: <i>Tyson</i>	
PRODUCT NAME: <i>Fully-cooked, Breaded Chicken Breast Chunks-CN</i>		PRODUCT NAME: <i>Fully-cooked, Breaded Chicken Chunks-CN - Chunk-shaped Chicken Patties</i>	
CODE #: <i>2377-928</i>		CODE #: <i>2343-928</i>	
<i>Calories</i>	<i>230.00</i>	<i>Calories</i>	<i>240.00</i>
<i>Calories from Fat</i>	<i>135.00</i>	<i>Calories from Fat</i>	<i>135.00</i>
<i>Total Fat</i>	<i>15.00 gms.</i>	<i>Total Fat</i>	<i>15.00 gms.</i>
<i>Saturated Fat</i>	<i>3.00 gms.</i>	<i>Saturated Fat</i>	<i>4.00 gms</i>
<i>Cholesterol</i>	<i>85.00 mgs.</i>	<i>Cholesterol</i>	<i>70.00 mgs.</i>
<i>Sodium</i>	<i>360.00 mgs.</i>	<i>Sodium</i>	<i>630.00 mgs.</i>
<i>Total Carbohydrate</i>	<i>10.00 gms.</i>	<i>Total Carbohydrate</i>	<i>14.00 gms.</i>
<i>Dietary Fiber</i>	<i>4.00 gms.</i>	<i>Dietary Fiber</i>	<i>2.00 gms.</i>
<i>Sugars</i>	<i>0.00 gms.</i>	<i>Sugars</i>	<i>1.00 gm.</i>
<i>Protein</i>	<i>14.00 gms.</i>	<i>Protein</i>	<i>12.00 gms.</i>
<i>Vitamin A</i>	<i>0.00%</i>	<i>Vitamin A</i>	<i>2.00%</i>
<i>Vitamin C</i>	<i>0.00%</i>	<i>Vitamin C</i>	<i>0.00%</i>
<i>Calcium</i>	<i>0.00%</i>	<i>Calcium</i>	<i>4.00%</i>
<i>Iron</i>	<i>2.00%</i>	<i>Iron</i>	<i>6.00%</i>

Orange - "Caution"

MANUFACTURER: <i>Zartic</i>		MANUFACTURER: <i>Tyson</i>	
PRODUCT NAME: <i>Pancake-batter-covered Pork and Chicken Sausage Link on a Stick</i>		PRODUCT NAME: <i>Fully-cooked, Dinosaur-shaped, Breaded Chicken Breast Patty Chunks-CN</i>	
CODE #: <i>77701</i>		CODE #: <i>2720-928</i>	
<i>Calories</i>	<i>240.50</i>	<i>Calories</i>	<i>230.00</i>
<i>Protein</i>	<i>6.97 gms.</i>	<i>Calories from Fat</i>	<i>117.00</i>
<i>Carbohydrates</i>	<i>18.76 gms.</i>	<i>Total Fat</i>	<i>13.00 gms.</i>
<i>Fat</i>	<i>15.14 gms.</i>	<i>Saturated Fat</i>	<i>3.00 gms.</i>
<i>Saturated Fat</i>	<i>4.07 gms.</i>	<i>Cholesterol</i>	<i>50.00 mgs.</i>
<i>Cholesterol</i>	<i>27.22 mgs.</i>	<i>Sodium</i>	<i>330.00 mgs.</i>
<i>Fiber</i>	<i>0.12 gms.</i>	<i>Total Carbohydrate</i>	<i>12.00 gms.</i>
<i>Sodium</i>	<i>454.50 mgs.</i>	<i>Dietary Fiber</i>	<i>2.00 gms.</i>
<i>Calories from Fat</i>	<i>56.60%</i>	<i>Sugars</i>	<i>1.00 gm.</i>
		<i>Protein</i>	<i>14.00 gms.</i>
<i>Vitamin A</i>	<i>73.11 IU</i>	<i>Vitamin A</i>	<i>0.00%</i>
<i>Thiamin</i>	<i>0.15 mgs.</i>	<i>Vitamin C</i>	<i>0.00%</i>
<i>Riboflavin</i>	<i>0.07 mgs.</i>	<i>Calcium</i>	<i>2.00%</i>
<i>Niacin</i>	<i>1.73 mgs.</i>	<i>Iron</i>	<i>2.00%</i>
<i>Vitamin C</i>	<i>0.43 mgs.</i>		
<i>Iron</i>	<i>0.54 mgs.</i>		
<i>Calcium</i>	<i>16.01 mgs.</i>		

Orange - "Caution"

MANUFACTURER: <i>Gorges Foodservice Inc./Tyson</i>		MANUFACTURER: <i>Gorges Foodservice Inc./Tyson</i>	
PRODUCT NAME: <i>Tenderbroil Flame-broiled Beef Steak Burgers</i>		PRODUCT NAME: <i>Tenderbroil Flame-broiled Beef Steak Burgers</i>	
CODE #: <i>CN9124/22919-330</i>		CODE #: <i>CN9121/22512-330</i>	
<i>Calories</i>	<i>230.00</i>	<i>Calories</i>	<i>170.00</i>
<i>Calories from Fat</i>	<i>135.00</i>	<i>Calories from Fat</i>	<i>120.00</i>
<i>Total Fat</i>	<i>15.00 gms.</i>	<i>Total Fat</i>	<i>14.00 gms.</i>
<i>Saturated Fat</i>	<i>6.00 gms.</i>	<i>Saturated Fat</i>	<i>6.00 gms.</i>
<i>Cholesterol</i>	<i>45.00 mgs.</i>	<i>Cholesterol</i>	<i>45.00 mgs.</i>
<i>Sodium</i>	<i>190.00 mgs.</i>	<i>Sodium</i>	<i>130.00 mgs.</i>
<i>Total Carbohydrate</i>	<i>11.00 gms.</i>	<i>Total Carbohydrate</i>	<i>0.00 gms.</i>
<i>Dietary Fiber</i>	<i>0.00 gms.</i>	<i>Dietary Fiber</i>	<i>0.00 gms.</i>
<i>Sugars</i>	<i>0.00 gms.</i>	<i>Sugars</i>	<i>0.00 gms.</i>
<i>Protein</i>	<i>12.00 gms.</i>	<i>Protein</i>	<i>12.00 gms.</i>
<i>Vitamin A</i>	<i>2.00%</i>	<i>Vitamin A</i>	<i>2.00%</i>
<i>Vitamin C</i>	<i>6.00%</i>	<i>Vitamin C</i>	<i>6.00%</i>
<i>Calcium</i>	<i>2.00%</i>	<i>Calcium</i>	<i>0.00%</i>
<i>Iron</i>	<i>6.00%</i>	<i>Iron</i>	<i>6.00%</i>

Orange - "Caution"

MANUFACTURER: <i>Multifoods Prepared Foods Division</i>	MANUFACTURER: <i>Gorges Foodservice Inc./Tyson</i>
PRODUCT NAME: <i>Bulk Prefried Burritos/Enchiladas - Child Nutrition - Beef and Bean, Green Chili - CN</i>	PRODUCT NAME: <i>Mesquite Broil™ Flame-broiled Beef Patties</i>
CODE #: <i>24100</i>	CODE #: <i>CN7426</i>
<i>Total Calories</i> <i>348.00</i> <i>Calories from Fat</i> <i>139.00</i> <i>Total Fat</i> <i>15.00 gms.</i> <i>Saturated Fat</i> <i>4.00 gms.</i> <i>Cholesterol</i> <i>25.00 mgs.</i> <i>Sodium</i> <i>535.00 mgs.</i> <i>Carbohydrate</i> <i>39.00 gms.</i> <i>Dietary Fiber</i> <i>3.00 gms.</i> <i>Sugars</i> <i>0.00 gms.</i> <i>Protein</i> <i>14.00 gms.</i>	<i>Calories</i> <i>190.00</i> <i>Calories from Fat</i> <i>126.00</i> <i>Total Fat</i> <i>14.00 gms.</i> <i>Saturated Fat</i> <i>6.00 gms.</i> <i>Cholesterol</i> <i>40.00 mgs.</i> <i>Sodium</i> <i>160.00 mgs.</i> <i>Total Carbohydrate</i> <i>2.00 gms.</i> <i>Dietary Fiber</i> <i>3.00 gms.</i> <i>Sugars</i> <i>0.00 gms.</i> <i>Protein</i> <i>15.00 gms.</i>
<i>Vitamin A</i> <i>2.00%</i> <i>Vitamin C</i> <i>6.00%</i> <i>Calcium</i> <i>6.00%</i> <i>Iron</i> <i>20.00%</i>	<i>Vitamin A</i> <i>2.00%</i> <i>Vitamin C</i> <i>0.00%</i> <i>Calcium</i> <i>4.00%</i> <i>Iron</i> <i>10.00%</i>

Orange - "Caution"

MANUFACTURER: <i>Advance Food Company</i>		MANUFACTURER: <i>Multifoods Prepared Foods Division</i>	
PRODUCT NAME: <i>Flame-broiled Beef Patties</i>		PRODUCT NAME: <i>Bulk Prefried Burritos/Enchiladas - Child Nutrition - Beef and Bean, Red Chili - CN</i>	
CODE #: <i>CN155-525-0</i>		CODE #: <i>23100</i>	
<i>Protein</i>	<i>15.19 gms.</i>	<i>Total Calories</i>	<i>348.00</i>
<i>Carbohydrates</i>	<i>1.41 gms.</i>	<i>Calories from Fat</i>	<i>137.00</i>
<i>Total Fat</i>	<i>13.81 gms.</i>	<i>Total Fat</i>	<i>15.00 gms.</i>
<i>Saturated Fat</i>	<i>5.67 gms.</i>	<i>Saturated Fat</i>	<i>4.00 gms.</i>
<i>Sodium</i>	<i>406.60 mgs.</i>	<i>Cholesterol</i>	<i>25.00 mgs.</i>
<i>Ascorbic Acid</i>	<i>0.00 mgs.</i>	<i>Sodium</i>	<i>580.00 mgs.</i>
<i>Calories</i>	<i>190.20</i>	<i>Carbohydrate</i>	<i>39.00 gms.</i>
		<i>Dietary Fiber</i>	<i>3.00 gms.</i>
		<i>Sugars</i>	<i>0.00 gms.</i>
		<i>Protein</i>	<i>14.00 gms.</i>
<i>Calcium</i>	<i>28.73 mgs.</i>	<i>Vitamin A</i>	<i>4.00%</i>
<i>Phosphorus</i>	<i>240.10 mgs.</i>	<i>Vitamin C</i>	<i>3.00%</i>
<i>Iron</i>	<i>2.13 mgs.</i>	<i>Calcium</i>	<i>7.00%</i>
<i>Vitamin A</i>	<i>61.77 IU</i>	<i>Iron</i>	<i>20.00%</i>
<i>Thiamine</i>	<i>0.17 mgs.</i>		
<i>Riboflavin</i>	<i>0.14 mgs.</i>		
<i>Niacin</i>	<i>2.96 mgs.</i>		

Orange - "Caution"

MANUFACTURER: <i>Multifoods Prepared Foods Division</i>		MANUFACTURER: <i>Multifoods Prepared Foods Division</i>	
PRODUCT NAME: <i>Regular Burritos - School Service - Beef and Bean, Green Chili</i>		PRODUCT NAME: <i>Regular Burritos - School Service - Beef and Bean, Green Chili</i>	
CODE #: <i>17915</i>		CODE #: <i>17925</i>	
<i>Total Calories</i>	<i>344.00</i>	<i>Total Calories</i>	<i>344.00</i>
<i>Calories from Fat</i>	<i>114.00</i>	<i>Calories from Fat</i>	<i>114.00</i>
<i>Total Fat</i>	<i>13.00 gms.</i>	<i>Total Fat</i>	<i>13.00 gms.</i>
<i>Saturated Fat</i>	<i>4.00 gms.</i>	<i>Saturated Fat</i>	<i>4.00 gms.</i>
<i>Cholesterol</i>	<i>31.00 mgs.</i>	<i>Cholesterol</i>	<i>31.00 mgs.</i>
<i>Sodium</i>	<i>653.00 mgs.</i>	<i>Sodium</i>	<i>653.00 mgs.</i>
<i>Carbohydrate</i>	<i>42.00 gms.</i>	<i>Carbohydrate</i>	<i>42.00 gms.</i>
<i>Dietary Fiber</i>	<i>4.00 gms.</i>	<i>Dietary Fiber</i>	<i>4.00 gms.</i>
<i>Sugars</i>	<i>0.00 gms.</i>	<i>Sugars</i>	<i>0.00 gms.</i>
<i>Protein</i>	<i>16.00 gms.</i>	<i>Protein</i>	<i>16.00 gms.</i>
<i>Vitamin A</i>	<i>3.00%</i>	<i>Vitamin A</i>	<i>3.00%</i>
<i>Vitamin C</i>	<i>10.00%</i>	<i>Vitamin C</i>	<i>10.00%</i>
<i>Calcium</i>	<i>7.00%</i>	<i>Calcium</i>	<i>7.00%</i>
<i>Iron</i>	<i>22.00%</i>	<i>Iron</i>	<i>22.00%</i>

Orange - "Caution"

MANUFACTURER: <i>Multifoods Prepared Foods Division</i>		MANUFACTURER: <i>Multifoods Prepared Foods Division</i>	
PRODUCT NAME: <i>Regular Burritos - School Service - Beef and Bean, Red Chili</i>		PRODUCT NAME: <i>Regular Burritos - School Service - Beef and Bean, Red Chili</i>	
CODE #: <i>17815</i>		CODE #: <i>17825</i>	
<i>Total Calories</i>	<i>347.00</i>	<i>Total Calories</i>	<i>347.00</i>
<i>Calories from Fat</i>	<i>114.00</i>	<i>Calories from Fat</i>	<i>114.00</i>
<i>Total Fat</i>	<i>13.00 gms.</i>	<i>Total Fat</i>	<i>13.00 gms.</i>
<i>Saturated Fat</i>	<i>4.00 gms.</i>	<i>Saturated Fat</i>	<i>4.00 gms.</i>
<i>Cholesterol</i>	<i>30.00 mgs.</i>	<i>Cholesterol</i>	<i>30.00 mgs.</i>
<i>Sodium</i>	<i>811.00 mgs.</i>	<i>Sodium</i>	<i>811.00 mgs.</i>
<i>Carbohydrate</i>	<i>43.00 gms.</i>	<i>Carbohydrate</i>	<i>43.00 gms.</i>
<i>Dietary Fiber</i>	<i>4.00 gms.</i>	<i>Dietary Fiber</i>	<i>4.00 gms.</i>
<i>Sugars</i>	<i>0.00 gms.</i>	<i>Sugars</i>	<i>0.00 gms.</i>
<i>Protein</i>	<i>16.00 gms.</i>	<i>Protein</i>	<i>16.00 gms.</i>
<i>Vitamin A</i>	<i>11.00%</i>	<i>Vitamin A</i>	<i>11.00%</i>
<i>Vitamin C</i>	<i>4.00%</i>	<i>Vitamin C</i>	<i>4.00%</i>
<i>Calcium</i>	<i>9.00%</i>	<i>Calcium</i>	<i>9.00%</i>
<i>Iron</i>	<i>23.00%</i>	<i>Iron</i>	<i>23.00%</i>

Orange - "Caution"

MANUFACTURER: <i>Sabatasso Foods, Inc.</i>		MANUFACTURER: <i>Sabatasso Foods, Inc.</i>	
PRODUCT NAME: <i>Sausage and TVP Pizza</i>		PRODUCT NAME: <i>4 X 6 Cheese/Sub. Cheese Pizza</i>	
CODE #: <i>6495C</i>		CODE #: <i>6492C</i>	
<i>Calories</i>	<i>354.00</i>	<i>Calories</i>	<i>348.00</i>
<i>Total Fat</i>	<i>16.20 gms.</i>	<i>Total Fat</i>	<i>15.90 gms.</i>
<i>Saturated Fat</i>	<i>5.40 gms.</i>	<i>Saturated Fat</i>	<i>5.40 gms.</i>
<i>Cholesterol</i>	<i>27.00 mgs.</i>	<i>Cholesterol</i>	<i>22.00 mgs.</i>
<i>Sodium</i>	<i>891.00 mgs.</i>	<i>Sodium</i>	<i>869.00 mgs.</i>
<i>Total Carbohydrate</i>	<i>33.70 gms.</i>	<i>Total Carbohydrate</i>	<i>33.30 gms.</i>
<i>Dietary Fiber</i>	<i>1.90 gms.</i>	<i>Dietary Fiber</i>	<i>1.50 gms.</i>
<i>Sugars</i>	<i>2.40 gms.</i>	<i>Sugars</i>	<i>2.30 gms.</i>
<i>Protein</i>	<i>17.50 gms.</i>	<i>Protein</i>	<i>17.20 gms.</i>
<i>Vitamin A</i>	<i>525.00 IU</i>	<i>Vitamin A</i>	<i>686.00 IU</i>
<i>Calcium</i>	<i>301.00 mgs.</i>	<i>Calcium</i>	<i>402.00 mgs.</i>
<i>Iron</i>	<i>2.70 mgs.</i>	<i>Vitamin C</i>	<i>0.60 mgs.</i>
<i>Potassium</i>	<i>167.00 mgs.</i>	<i>Iron</i>	<i>2.50 mgs.</i>
<i>Phosphorus</i>	<i>70.00 mgs.</i>	<i>Potassium</i>	<i>59.00 mgs.</i>
<i>Thiamin-B1</i>	<i>0.41 mgs.</i>	<i>Phosphorus</i>	<i>41.00 mgs.</i>
<i>Riboflavin-B2</i>	<i>0.42 mgs.</i>	<i>Thiamin-B1</i>	<i>0.27 mgs.</i>
<i>Niacin-B3</i>	<i>3.30 mgs.</i>	<i>Riboflavin-B2</i>	<i>0.45 mgs.</i>
		<i>Niacin-B3</i>	<i>2.35 mgs.</i>

Orange - "Caution"

MANUFACTURER: <i>Holly Farms Food Service</i>		MANUFACTURER: <i>Tyson</i>	
PRODUCT NAME: <i>Fully-cooked, Breaded, Chicken Breast Patty Nuggets with Rib Meat</i>		PRODUCT NAME: <i>Fully-cooked, Breaded Chicken Breast Chunks-CN - Chunk-shaped Patties with Rib Meat</i>	
CODE #: <i>0416-405</i>		CODE #: <i>2341-928</i>	
<i>Calories</i>	<i>250.00</i>	<i>Calories</i>	<i>230.00</i>
<i>Calories from Fat</i>	<i>126.00</i>	<i>Calories from Fat</i>	<i>126.00</i>
<i>Total Fat</i>	<i>14.00 gms.</i>	<i>Total Fat</i>	<i>14.00 gms.</i>
<i>Saturated Fat</i>	<i>3.00 gms.</i>	<i>Saturated Fat</i>	<i>3.00 gms.</i>
<i>Cholesterol</i>	<i>40.00 mgs.</i>	<i>Cholesterol</i>	<i>70.00 mgs.</i>
<i>Sodium</i>	<i>470.00 mgs.</i>	<i>Sodium</i>	<i>690.00 mgs.</i>
<i>Total Carbohydrate</i>	<i>15.00 gms.</i>	<i>Total Carbohydrate</i>	<i>12.00 gms.</i>
<i>Dietary Fiber</i>	<i>3.00 gms.</i>	<i>Dietary Fiber</i>	<i>2.00 gms.</i>
<i>Sugars</i>	<i>1.00 gm.</i>	<i>Sugars</i>	<i>1.00 gm.</i>
<i>Protein</i>	<i>17.00 gms.</i>	<i>Protein</i>	<i>14.00 gms.</i>
<i>Vitamin A</i>	<i>2.00%</i>	<i>Vitamin A</i>	<i>2.00%</i>
<i>Vitamin C</i>	<i>0.00%</i>	<i>Vitamin C</i>	<i>0.00%</i>
<i>Calcium</i>	<i>4.00%</i>	<i>Calcium</i>	<i>4.00%</i>
<i>Iron</i>	<i>10.00%</i>	<i>Iron</i>	<i>6.00%</i>

Orange - "Caution"

MANUFACTURER: <i>Tyson</i>		MANUFACTURER: <i>Tyson</i>	
PRODUCT NAME: <i>Fully-cooked, Breaded Chicken Breast Patties-CN with Rib Meat</i>		PRODUCT NAME: <i>Fully-cooked Breaded Chicken Breast Patties-CN</i>	
CODE #: <i>2376-928</i>		CODE #: <i>3415-928</i>	
<i>Calories</i>	<i>210.00</i>	<i>Calories</i>	<i>230.00</i>
<i>Calories from Fat</i>	<i>117.00</i>	<i>Calories from Fat</i>	<i>140.00</i>
<i>Total Fat</i>	<i>13.00 gms.</i>	<i>Total Fat</i>	<i>16.00 gms.</i>
<i>Saturated Fat</i>	<i>3.00 gms.</i>	<i>Saturated Fat</i>	<i>3.50 gms.</i>
<i>Cholesterol</i>	<i>80.00 mgs.</i>	<i>Cholesterol</i>	<i>85.00 mgs.</i>
<i>Sodium</i>	<i>390.00 mgs.</i>	<i>Sodium</i>	<i>430.00 mgs.</i>
<i>Total Carbohydrate</i>	<i>10.00 gms.</i>	<i>Total Carbohydrate</i>	<i>10.00 gms.</i>
<i>Dietary Fiber</i>	<i>1.00 gm.</i>	<i>Dietary Fiber</i>	<i>1.00 gm.</i>
<i>Sugars</i>	<i>0.00 gms.</i>	<i>Sugars</i>	<i>0.00 gms.</i>
<i>Protein</i>	<i>14.00 gms.</i>	<i>Protein</i>	<i>13.00 gms.</i>
<i>Vitamin A</i>	<i>0.00%</i>	<i>Vitamin A</i>	<i>0.00%</i>
<i>Vitamin C</i>	<i>0.00%</i>	<i>Vitamin C</i>	<i>0.00%</i>
<i>Calcium</i>	<i>0.00%</i>	<i>Calcium</i>	<i>2.00%</i>
<i>Iron</i>	<i>4.00%</i>	<i>Iron</i>	<i>6.00%</i>

Orange - "Caution"

MANUFACTURER: <i>Holly Farms Food Service/Tyson</i>		MANUFACTURER: <i>Gorges Foodservice Inc./Tyson</i>	
PRODUCT NAME: <i>CN-Breaded Fried Chicken Thighs</i>		PRODUCT NAME: <i>Tenderbroil Flame-broiled Beef Steak Burgers</i>	
CODE #: <i>100950</i>		CODE #: <i>CN9166/22916-330</i>	
<i>Calories</i>	<i>200.00</i>	<i>Calories</i>	<i>220.00</i>
<i>Calories from Fat</i>	<i>117.00</i>	<i>Calories from Fat</i>	<i>140.00</i>
<i>Total Fat</i>	<i>13.00 gms.</i>	<i>Total Fat</i>	<i>15.00 gms.</i>
<i>Saturated Fat</i>	<i>0.00 gms.</i>	<i>Saturated Fat</i>	<i>7.00 gms.</i>
<i>Cholesterol</i>	<i>0.00 mgs.</i>	<i>Cholesterol</i>	<i>60.00 mgs.</i>
<i>Sodium</i>	<i>200.00 mgs.</i>	<i>Sodium</i>	<i>170.00 mgs.</i>
<i>Total Carbohydrate</i>	<i>7.00 gms.</i>	<i>Total Carbohydrate</i>	<i>0.00 gms.</i>
<i>Dietary Fiber</i>	<i>0.00 gms.</i>	<i>Dietary Fiber</i>	<i>0.00 gms.</i>
<i>Sugars</i>	<i>0.00 gms.</i>	<i>Sugars</i>	<i>1.00 gm.</i>
<i>Protein</i>	<i>13.00 gms.</i>	<i>Protein</i>	<i>17.00 gms.</i>
<i>Vitamin A</i>		<i>Vitamin A</i>	<i>2.00%</i>
<i>Vitamin C</i>		<i>Vitamin C</i>	<i>0.00%</i>
<i>Calcium</i>		<i>Calcium</i>	<i>2.00%</i>
<i>Iron</i>		<i>Iron</i>	<i>10.00%</i>

Orange - "Caution"

MANUFACTURER: <i>Gorges Foodservice Inc./Tyson</i>		MANUFACTURER: <i>Zartic</i>	
PRODUCT NAME: <i>Tenderbroil Flame-broiled Beef Patties</i>		PRODUCT NAME: <i>Circle Z™ Flame-broiled Beef Steaks, Chopped and Formed</i>	
CODE #: <i>CN7624/22665-330</i>		CODE #: <i>80024A</i>	
<i>Calories</i>	<i>190.00</i>	<i>Calories</i>	<i>185.90</i>
<i>Calories from Fat</i>	<i>135.00</i>	<i>Protein</i>	<i>13.98 gms.</i>
<i>Total Fat</i>	<i>15.00 gms.</i>	<i>Carbohydrates</i>	<i>0.00 gms.</i>
<i>Saturated Fat</i>	<i>7.00 gms.</i>	<i>Fat</i>	<i>14.22 gms.</i>
<i>Cholesterol</i>	<i>40.00 mgs.</i>	<i>Saturated Fat</i>	<i>5.75 gms.</i>
<i>Sodium</i>	<i>220.00 mgs.</i>	<i>Cholesterol</i>	<i>47.87 mgs.</i>
<i>Total Carbohydrate</i>	<i>1.00 gm.</i>	<i>Fiber</i>	<i>0.00 gms.</i>
<i>Dietary Fiber</i>	<i>2.00 gms.</i>	<i>Sodium</i>	<i>166.70 mgs.</i>
<i>Sugars</i>	<i>0.00 gms.</i>	<i>Calories from Fat</i>	<i>68.80%</i>
<i>Protein</i>	<i>13.00 gms.</i>		
<i>Vitamin A</i>	<i>2.00%</i>	<i>Vitamin A</i>	<i>0.00 IU</i>
<i>Vitamin C</i>	<i>0.00%</i>	<i>Thiamin</i>	<i>0.07 mgs.</i>
<i>Calcium</i>	<i>4.00%</i>	<i>Riboflavin</i>	<i>0.12 mgs.</i>
<i>Iron</i>	<i>10.00%</i>	<i>Niacin</i>	<i>2.38 mgs.</i>
		<i>Vitamin C</i>	<i>0.00 mgs.</i>
		<i>Iron</i>	<i>1.41 mgs.</i>
		<i>Calcium</i>	<i>5.33 mgs.</i>

Orange - "Caution"

MANUFACTURER: <i>Tyson</i>		MANUFACTURER: <i>Tyson</i>	
PRODUCT NAME: <i>Fully-cooked, Nugget-shaped Breaded Chicken Patties-CN</i>		PRODUCT NAME: <i>Fully-cooked Breaded Chicen Chunds-CN - Chunk-shaped, Breaded Chicken Patties</i>	
CODE #: <i>2495-928</i>		CODE #: <i>1734-928</i>	
<i>Calories</i>	<i>250.00</i>	<i>Calories</i>	<i>240.00</i>
<i>Calories from Fat</i>	<i>130.00</i>	<i>Calories from Fat</i>	<i>144.00</i>
<i>Total Fat</i>	<i>14.00 gms.</i>	<i>Total Fat</i>	<i>16.00 gms.</i>
<i>Saturated Fat</i>	<i>3.50 gms.</i>	<i>Saturated Fat</i>	<i>4.00 gms.</i>
<i>Cholesterol</i>	<i>55.00 mgs.</i>	<i>Cholesterol</i>	<i>95.00 mgs.</i>
<i>Sodium</i>	<i>450.00 mgs.</i>	<i>Sodium</i>	<i>530.00 mgs.</i>
<i>Total Carbohydrate</i>	<i>13.00 gms.</i>	<i>Total carbohydrate</i>	<i>13.00 gms.</i>
<i>Dietary Fiber</i>	<i>1.00 gm.</i>	<i>Dietary Fiber</i>	<i>2.00 gms.</i>
<i>Sugars</i>	<i>2.00 gms.</i>	<i>Sugars</i>	<i>1.00 gm.</i>
<i>Protein</i>	<i>16.00 gms.</i>	<i>Protein</i>	<i>12.00 gms.</i>
<i>Vitamin A</i>	<i>0.00%</i>	<i>Vitamin A</i>	<i>2.00%</i>
<i>Vitamin C</i>	<i>0.00%</i>	<i>Vitamin C</i>	<i>0.00%</i>
<i>Calcium</i>	<i>0.00%</i>	<i>Calcium</i>	<i>2.00%</i>
<i>Iron</i>	<i>0.00%</i>	<i>Iron</i>	<i>6.00%</i>

Orange "Caution"

MANUFACTURER:	<i>Holly Farms Food Service</i>	
PRODUCT NAME:	<i>Fully-cooked Breaded Chicken Patty Nuggets-CN</i>	
CODE #:	<i>0914-405</i>	
Calories	230.00	
Calories from Fat	144.00	
Total Fat	16.00 gms.	
Saturated Fat	4.50 gms.	
Cholesterol	55.00 mgs.	
Sodium	240.00 mgs.	
Total Carbohydrate	7.00 gms.	
Dietary Fiber	0.00 gms.	
Sugars	0.00 gms.	
Protein	14.00 gms.	
Vitamin A	2.00%	
Vitamin C	0.00%	
Calcium	0.00%	
Iron	0.00%	

Red - "Stop and Consider"

MANUFACTURER: <i>Sabatasso Foods, Inc.</i>		MANUFACTURER: <i>Sabatasso Foods, Inc.</i>	
PRODUCT NAME: <i>Super Slice Sausage and TVP Pizza</i>		PRODUCT NAME: <i>Super Slice Cheese//Cheese Sub. Pizza</i>	
CODE #: <i>6595C</i>		CODE #: <i>6590C</i>	
<i>Calories</i>	<i>364.00</i>	<i>Calories</i>	<i>350.00</i>
<i>Total Fat</i>	<i>17.10 gms.</i>	<i>Total Fat</i>	<i>16.50 gms.</i>
<i>Saturated Fat</i>	<i>5.60 gms.</i>	<i>Saturated Fat</i>	<i>5.60 gms.</i>
<i>Cholesterol</i>	<i>28.00 mgs.</i>	<i>Cholesterol</i>	<i>22.00 mgs.</i>
<i>Sodium</i>	<i>927.00 mgs.</i>	<i>Sodium</i>	<i>867.00 mgs.</i>
<i>Total Carbohydrate</i>	<i>35.00 gms.</i>	<i>Total Carbohydrate</i>	<i>33.60 gms.</i>
<i>Dietary Fiber</i>	<i>1.90 gms.</i>	<i>Dietary Fiber</i>	<i>1.40 gms.</i>
<i>Sugars</i>	<i>2.10 gms.</i>	<i>Sugars</i>	<i>1.80 gms.</i>
<i>Protein</i>	<i>18.10 gms.</i>	<i>Protein</i>	<i>17.50 gms.</i>
<i>Vitamin A</i>	<i>503.00 IU</i>	<i>Vitamin A</i>	<i>672.00 IU</i>
<i>Calcium</i>	<i>283.00 mgs.</i>	<i>Calcium</i>	<i>399.00 mgs.</i>
<i>Vitamin C</i>	<i>0.70 mgs.</i>	<i>Vitamin C</i>	<i>0.60 mgs.</i>
<i>Iron</i>	<i>2.70 mgs.</i>	<i>Iron</i>	<i>2.30 mgs.</i>
<i>Potassium</i>	<i>151.00 mgs.</i>	<i>Potassium</i>	<i>21.00 mgs.</i>
<i>Phosphorus</i>	<i>46.00 mgs.</i>	<i>Phosphorus</i>	<i>11.00 mgs.</i>
<i>Thiamin-B1</i>	<i>0.57 mgs.</i>	<i>Thiamin-B1</i>	<i>0.39 mgs.</i>
<i>Riboflavin-B2</i>	<i>0.47 mgs.</i>	<i>Riboflavin-B2</i>	<i>0.50 mgs.</i>
<i>Niacin-B3</i>	<i>4.11 mgs.</i>	<i>Niacin-B3</i>	<i>2.89 mgs.</i>

Red - "Stop and Consider"

MANUFACTURER:	<i>Tyson</i>	MANUFACTURER:	<i>Dubco New Mexico</i>
PRODUCT NAME	<i>Fully-cooked, Breaded Chicken Breast Patties-CN with Rib Meat</i>	PRODUCT NAME:	<i>Crisp 'n' Tender Turkey Nuggets - Fully-cooked</i>
CODE #:	<i>2516</i>	CODE #:	<i>22285-330</i>
<i>Calories</i>	<i>260.00</i>	<i>Calories</i>	<i>300.00</i>
<i>Calories from Fat</i>	<i>153.00</i>	<i>Calories from Fat</i>	<i>150.00</i>
<i>Total Fat</i>	<i>17.00 gms.</i>	<i>Total Fat</i>	<i>17.00 gms.</i>
<i>Saturated Fat</i>	<i>4.00 gms.</i>	<i>Saturated Fat</i>	<i>4.00 oz.</i>
<i>Cholesterol</i>	<i>55.00 mgs.</i>	<i>Cholesterol</i>	<i>50.00 mgs.</i>
<i>Sodium</i>	<i>470.00 mgs.</i>	<i>Sodium</i>	<i>500.00 mgs.</i>
<i>Total Carbohydrate</i>	<i>12.00 gms.</i>	<i>Total Carbohydrate</i>	<i>21.00 gms.</i>
<i>Dietary Fiber</i>	<i>1.00 gm.</i>	<i>Dietary Fiber</i>	<i>3.00 gms.</i>
<i>Sugar</i>	<i>1.00 gm.</i>	<i>Sugars</i>	<i>1.00 gm.</i>
<i>Protein</i>	<i>16.00 gms.</i>	<i>Protein</i>	<i>16.00 gms.</i>
<i>Vitamin A</i>	<i>2.00%</i>	<i>Vitamin A</i>	<i>2.00%</i>
<i>Vitamin C</i>	<i>0.00%</i>	<i>Vitamin C</i>	<i>0.00%</i>
<i>Calcium</i>	<i>2.00%</i>	<i>Calcium</i>	<i>8.00%</i>
<i>Iron</i>	<i>6.00%</i>	<i>Iron</i>	<i>10.00%</i>

Red - "Stop and Consider"

MANUFACTURER: <i>McCarty Foods</i>		MANUFACTURER: <i>Multifoods Prepared Foods Division</i>	
PRODUCT NAME: <i>Breaded White Meat Chicken Nugget Patties, Fully-cooked, CN-labeled</i>		PRODUCT NAME: <i>Bulk Prefried Burritos - School Service - Beef and Bean, Red Chili</i>	
CODE #: <i>30519</i>		CODE #: <i>27815</i>	
<i>Fat</i>	<i>17.55 gms.</i>	<i>Total Calories</i>	<i>380.00</i>
<i>Moisture</i>	<i>43.82 gms.</i>	<i>Calories from Fat</i>	<i>155.00</i>
<i>Protein</i>	<i>13.14 gms.</i>	<i>Total Fat</i>	<i>17.00 gms.</i>
<i>Calories</i>	<i>269.00 kcal</i>	<i>Saturated Fat</i>	<i>5.00 gms.</i>
<i>Carbohydrates</i>	<i>14.44 gms.</i>	<i>Cholesterol</i>	<i>29.00 mgs.</i>
<i>Fat</i>		<i>Sodium</i>	<i>788.00 mgs.</i>
<i>Saturated</i>	<i>4.35 gms.</i>	<i>Carbohydrate</i>	<i>42.00 gms.</i>
<i>Monounsaturated</i>	<i>8.99 gms.</i>	<i>Dietary Fiber</i>	<i>4.00 gms.</i>
<i>Polyunsaturated</i>	<i>4.21 gms.</i>	<i>Sugars</i>	<i>0.00 gms.</i>
<i>Ash</i>	<i>1.77 gms.</i>	<i>Protein</i>	<i>16.00 gms.</i>
<i>Sodium</i>	<i>191.00 mgs.</i>		
<i>Fiber</i>	<i>0.18 gms.</i>		
<i>Cholesterol</i>	<i>95.30 mgs.</i>		
<i>Potassium</i>	<i>118.00 mgs.</i>	<i>Vitamin A</i>	<i>11.00%</i>
<i>Calcium</i>	<i>15.32 mgs.</i>	<i>Vitamin C</i>	<i>4.00%</i>
<i>Iron</i>	<i>1.81 mgs.</i>	<i>Calcium</i>	<i>9.00%</i>
<i>Vitamin A</i>	<i>NA</i>	<i>Iron</i>	<i>23.00%</i>
<i>Vitamin B1</i>	<i>0.23 mgs.</i>		
<i>Vitamin B2</i>	<i>0.19 mgs.</i>		
<i>Vitamin C</i>	<i>0.47 mgs.</i>		
<i>Niacin</i>	<i>4.89 mgs.</i>		

Red - "Stop and Consider"

MANUFACTURER: <i>Multifoods Prepared Foods Division</i>		MANUFACTURER: <i>Multifoods Prepared Foods Division</i>	
PRODUCT NAME: <i>Taco Snak™, Prefried - CN</i>		PRODUCT NAME: <i>Cheddar Cheese Products - Taco Snak™</i>	
CODE #: <i>29610</i>		CODE #: <i>19625</i>	
<i>Total Calories</i>	<i>411.00</i>	<i>Total Calories</i>	<i>378.00</i>
<i>Calories from Fat</i>	<i>189.00</i>	<i>Calories from Fat</i>	<i>149.00</i>
<i>Total Fat</i>	<i>21.00 gms.</i>	<i>Total Fat</i>	<i>17.00 gms.</i>
<i>Saturated Fat</i>	<i>7.00 gms.</i>	<i>Saturated Fat</i>	<i>7.00 gms.</i>
<i>Cholesterol</i>	<i>45.00 mgs.</i>	<i>Cholesterol</i>	<i>46.00 mgs.</i>
<i>Sodium</i>	<i>512.00 mgs.</i>	<i>Sodium</i>	<i>528.00 mgs.</i>
<i>Carbohydrate</i>	<i>37.00 gms.</i>	<i>Carbohydrate</i>	<i>38.00 gms.</i>
<i>Dietary Fiber</i>	<i>3.00 gms.</i>	<i>Dietary Fiber</i>	<i>3.00 gms.</i>
<i>Sugars</i>	<i>0.00 gms.</i>	<i>Sugars</i>	<i>0.00 gms.</i>
<i>Protein</i>	<i>19.00 gms.</i>	<i>Protein</i>	<i>19.00 gms.</i>
<i>Vitamin A</i>	<i>13.00%</i>	<i>Vitamin A</i>	<i>13.00%</i>
<i>Vitamin C</i>	<i>12.00%</i>	<i>Vitamin C</i>	<i>13.00%</i>
<i>Calcium</i>	<i>17.00%</i>	<i>Calcium</i>	<i>18.00%</i>
<i>Iron</i>	<i>21.00%</i>	<i>Iron</i>	<i>22.00%</i>

Red "Stop and Consider"

MANUFACTURER: <i>Multifoods Prepared Foods Division</i>		MANUFACTURER: <i>Multifoods Prepared Foods Division</i>	
PRODUCT NAME: <i>Cheddar Cheese Products - Red Chili, Prefried - CN</i>		PRODUCT NAME: <i>Bulk Prefried Burritos - School Service - Beef and Bean, Green Chili</i>	
CODE #: <i>22401</i>		CODE #: <i>27915</i>	
<i>Total Calories</i>	<i>376.00</i>	<i>Total Calories</i>	<i>377.00</i>
<i>Calories from Fat</i>	<i>180.00</i>	<i>Calories from Fat</i>	<i>155.00</i>
<i>Total Fat</i>	<i>20.00 gms.</i>	<i>Total Fat</i>	<i>17.00 gms.</i>
<i>Saturated Fat</i>	<i>9.00 gms.</i>	<i>Saturated Fat</i>	<i>5.00 gms.</i>
<i>Cholesterol</i>	<i>43.00 mgs.</i>	<i>Cholesterol</i>	<i>30.00 mgs.</i>
<i>Sodium</i>	<i>551.00 mgs.</i>	<i>Sodium</i>	<i>636.00 mgs.</i>
<i>Carbohydrate</i>	<i>33.00 gms.</i>	<i>Carbohydrate</i>	<i>40.00 gms.</i>
<i>Dietary Fiber</i>	<i>2.00 gms.</i>	<i>Dietary Fiber</i>	<i>3.00 gms.</i>
<i>Sugars</i>	<i>0.00 gms.</i>	<i>Sugars</i>	<i>0.00 gms.</i>
<i>Protein</i>	<i>17.00 gms.</i>	<i>Protein</i>	<i>16.00 gms.</i>
<i>Vitamin A</i>	<i>13.00%</i>	<i>Vitamin A</i>	<i>3.00%</i>
<i>Vitamin C</i>	<i>2.00%</i>	<i>Vitamin C</i>	<i>10.00%</i>
<i>Calcium</i>	<i>25.00%</i>	<i>Calcium</i>	<i>7.00%</i>
<i>Iron</i>	<i>16.00%</i>	<i>Iron</i>	<i>22.00%</i>

APPENDIX F

<i>VENDOR PRODUCT LIST</i>						
Food	Mfr Brand	Code Number	Serving Size	Fat (g per serving)	Sat. Fat (g per serving)	Calorie s (per serving)
Meat/Meat Alternate						
<i>Mixed Dishes, Sandwiches</i>						
e.g., Bean/Cheese Burrito			5 ounces	13	650	277
<i>Meat, Fish, Poultry, Legumes</i>						
e.g., Baked Beans			1/2 cup	0.6	506	120

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VENDOR PRODUCT LIST

Food	Mfr Brand	Code Number	Serving Size	Fat (g per serving)	Sat. Fat (g per serving)	Calorie s (per serving)
Meat/Meat Alternate						
<i>Meat, Fish, Poultry, Legumes</i>						
e.g., Chicken Patty			2.2 ounces	9	400	130
<i>Processed Meats and Cheeses</i>						
e.g., American Cheese			1 ounce	8.9	406	106

VENDOR PRODUCT LIST

Food	Mfr Brand	Code Number	Serving Size	Fat (g per serving)	Sat. Fat (g per serving)	Calorie s (per serving)
Meat/Meat Alternate						
<i>Processed Meats and Cheese</i>						
e.g., Light Wiener			2 ounces	11	630	130
Fruits and Vegetables						
<i>Fruits</i>						
e.g., Apple Juice				0	4	58

The Most Common Errors in Meal Planning

All bland or strong flavors.

Same flavors.

Same color.

Unpleasant color combinations.

Too many mixtures.

Same texture, shape, or size.

Lack of variety in preparation (all fried foods, creamed foods, or sauces over food).

Too many high-protein or starchy foods (peas, corn, macaroni and cheese and bread).

Too many of the same type foods.

Foods take too long to prepare because the same pieces of equipment are needed.

Same temperature foods e.g. salads, gelatin desserts.

Unidentifiable foods.

If these problems occur often, you may want to change your menu for that day.

Now that you have evaluated your menu, you will know how your menu reflects the current guidelines as well as how it might be improved. You will also have identified the particular foods which you can promote to both students and parents to encourage nutritious food choices.

Food Preparation Techniques

Modifying recipes and menus to meet the Dietary Guidelines for Americans is one of the most important steps in meeting the new USDA regulations. Food must taste good and look appetizing if it is going to be eaten. The following information shows the function of ingredients in foods and suggests successful reduction and substitution techniques.

Obviously, to completely eliminate fat, eggs, and sugar from recipes might leave us with a healthy recipe, but would it taste good? Let's face it, if a healthy recipe tastes bad, it doesn't matter how nutritious it is because it won't be eaten.

General Guidelines for Modifying Recipes:

1. *Change one or two ingredients at a time.*

This way, if the recipe doesn't quite meet your standards, you will know where the problem is.

2. *Accept progress without perfection.*

Sometimes it isn't possible to make every sugar or fat-saving substitution without compromising the taste or character of the recipe. Remember, if you are able to make only one improvement, you are better off.

3. *Keep quiet until you hear the applause.*

Don't announce the changes that you have made until the children have eaten it. Otherwise, they may be biased before they taste it because of the prevailing attitude that, "If it's healthy, it won't taste good."

The Function of Fat in Food Production

Fat provides flavor and richness in foods. It improves the texture and tenderness in baked goods as well as making them light and flaky. It makes other foods smooth and creamy.

Suggestions for Reducing Fat

- Use lowfat (2% or 1%) or skim milk rather than whole milk.

- Replace sour cream with lowfat or fat-free sour cream yogurt. Add one tablespoon of cornstarch to every one cup of yogurt to prevent separation when heating.
- Blend mayonnaise with lowfat cottage cheese for a lowfat mayonnaise substitute or purchase commercial lowfat mayonnaise.
- Purchase water-packed tuna rather than oil-packed tuna.
- Use lowfat varieties of cheese, such as part-skim Mozzarella, farmer cheese, Muenster, Provolone or reduced-fat Cheddar or American cheese.
- Choose ground beef that is at least 80% lean (less than 20% fat).
- Substitute lean ground turkey for all or part of ground beef in recipes.
- Remove skin from poultry and trim off fat.
- Chili, soups, gravies, and stews. Skim off hardened fat before reheating to serve.
- Trim off all visible fat from meats.
- Drain all fat from cooked meats.
- Serve meat and potatoes without gravy.
- Use spices, herbs and/or lemon juice rather than butter on vegetables.
- Substitute two egg whites for each whole egg in most muffin, cookie or pudding recipes.
- Bake, broil, or roast meat rather than frying.
- Replace regular frankfurters, bologna or other processed meat with lean meat, poultry or fish.
- Limit the use of pan-fried or deep-fat-fried foods.

- Limit the use of high-fat crackers and breads, such as croissants, some muffins, butter crackers and specialty breads.
- Garnish fish with lemon juice rather than tartar sauce.

The Function of Sugar in Food Production

Sugar makes food taste good, increases tenderness and aids in browning baked goods. It also acts as a preservative in canned goods and some dried foods.

Suggestions for Reducing Sugar

- Use up to 1/3 less sugar in traditional recipes for cookies, muffins, quick breads, and pie fillings. This includes sugar, brown sugar, corn syrup, honey and molasses.
- Replace canned fruits packed in heavy syrup with fresh fruits or canned fruits packed in natural juices or water.
- Limit the use of jams, jellies or flavored gelatins.
- Serve quick breads rather than high-sugar cakes or cookies. Try banana, carrot, cranberry, pumpkin or zucchini breads.
- Serve seasonal fresh fruits for dessert rather than cakes, cookies or pies.

The Function of Fiber in the diet

Fiber is important for proper digestion, less heart disease, fewer cancers of the colon and prostate and maintenance of a reasonable body weight. Some of the health benefits associated with a high-fiber diet may come from other components present in these foods, not just from fiber itself. Thus, fiber is best obtained from foods rather than supplements.

Suggestions for Increasing Fiber

- Substitute whole wheat flour for up to one-half of the all-purpose flour in your favorite bread recipes.
- Substitute beans (kidney, pinto or black beans) for up to one-half of the meat in entrees, such as chili or tacos.
- Prepare potatoes with skins, rather than peeled. Encourage the consumption of potato skins which are high in fiber.
- Add fruits, such as chopped apples with skin, raisins or chopped prunes to oatmeal, cookies, cakes and breads.
- Use oatmeal rather than white bread crumbs as an extender in meatloaf or meatballs.
- Serve raw vegetables, such as broccoli, cauliflower, carrots, and celery for snacks.
- Top cereals with fresh or frozen fruits, such as blueberries, bananas or peaches.

The Function of Eggs in Food Production

Eggs provide structure, act as thickeners and emulsifiers (help to mix fat and water) and add volume to food when beaten.

Suggestions for Reducing Sodium

- Omit or reduce by one-half the amount of table salt in more recipes.
- Include a variety of spices, seasonings, herbs and vegetables in recipes rather than table salt. For example, try chives, dill, garlic or vinegar on cucumbers; serve green beans with lemon juice or sauteed onions; top potatoes with parsley; try bay leaf, fresh mushrooms, onion or thyme.

- Try the two low-sodium seasoning blend recipes included here:

<p><i>Seasoning Blend #1</i></p> <p><i>A low-sodium "all-purpose" seasoning for meats, vegetables and tomato-based foods.</i></p> <p>2 tablespoons dry mustard 2 tablespoons onion powder 2 tablespoons paprika 2 teaspoons garlic powder 2-3 teaspoons black or white pepper 2 teaspoons thyme 1/2 teaspoon ground basil</p> <p>Blend spices thoroughly. Store extra seasoning in tightly-covered glass bottle.</p> <p>Yield: Approximately 1/2 cup seasoning.</p>	<p><i>Seasoning Blend #2</i></p> <p><i>An "all-purpose" seasoning to pep up chicken, hamburger and tomato-based dishes</i></p> <p>4 tablespoons onion powder 4 tablespoons parsley flakes, crushed 2 tablespoons garlic powder 2 tablespoons paprika 1 tablespoon ground basil</p> <p>Blend spices thoroughly. Store extra seasoning in tightly-covered glass bottle.</p> <p>Yield: Approximately 3/4 cup seasoning</p>
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- Decrease the use of celery salt, seasoned salt, soy sauce, monosodium glutamate (MSG), Worcestershire sauce or bouillon cubes.
- Use garlic or onion powder in place of garlic or onion salt.
- Make soup stock from turkey, chicken or beef bones, limiting the amount of bouillon base added.
- Use fresh or frozen foods rather than canned foods.
- Serve processed meats only occasionally.